

## Summer Fennel and Tomato Salad

Fennel is crisp like endive with a hint of licorice.

4 Servings

Serving size: 1 cup

Prep time: 25 minutes

### *Vinaigrette*

2 Tbsp. white wine vinegar

2 tsp. Dijon mustard

1 garlic clove, finely minced

1 tsp. fennel seed, ground

2 Tbsp. olive oil

### *Salad*

2 large red or yellow tomatoes, sliced in half and cut into thin wedges

2 medium fennel bulbs, trimmed and julienned, sliced into ¼ inch pieces

¼ cup thinly sliced red onion

4 cups mixed greens

1. In a bowl, whisk together the vinegar, mustard, garlic, and fennel seed. Slowly whisk in the oil until the dressing is completely mixed together.
2. In a salad bowl, combine the tomatoes, fennel, and onions with the greens. Add the dressing, and toss lightly to coat with the vinaigrette.

Nutrition Facts:

Calories: 120 Total Fat: 7g Cholesterol: 0 mg Sodium: 115mg

Total Carbohydrate: 13g Dietary fiber 4g Protein 3g