



Fennel and Apple Salad

Makes 4 servings

Ingredients

- 1 teaspoon apple cider vinegar
- 2 tablespoons freshly squeezed orange juice
- 2 teaspoons freshly squeezed lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons chopped fresh dill
- 1 teaspoon spicy brown mustard
- 1 large green apple, cut into quarters and thinly sliced
- 1 bulb fennel, thinly sliced
- 1 cup arugula

Directions

1. In a large bowl, whisk together vinegar, orange juice, lemon juice, oil, dill and mustard. Add remaining ingredients and toss until well-coated.
2. Enjoy!



SIDE DISH



TIP

Save the stalks from the fennel to saute, roast or use in soups. The leaves can flavor your favorite recipes or be used as a garnish, just as other herbs.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 3/4 cup (133g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 1g

Vitamin A 15% • Vitamin C 20%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1/2