



LIVE HEALTHY RECIPE

Arugula Fennel Salad

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INGREDIENTS:

- (3 cup) Tomatoes, Cherry
- (1 tbsp.) Oil, Olive
- (6 Oz.) Fennel
- (12 oz.) Lettuce, Arugula
- (1-1/2 cup) Garbanzo
- (3/4 cup) Parsley Vinaigrette

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PREP TIME: 2 TO 3 MINUTES | COOK TIME: 5 TO 10 MINUTES | YIELD: 6 SERVINGS

DIRECTIONS:

1. Place cherry tomatoes in a hot pan with olive oil and cook until tomatoes start to blister and burst OR roast in a 400F degree oven for 5 minutes. Remove and chill.
2. Combine all of the ingredients and toss well with vinaigrette.

For each serving of salad:

- 2 oz arugula
- 1 oz shaved fennel
- 1/4 cup garbanzo beans
- 1/4 cup roasted cherry tomatoes
- 2 tbsp. of parsley vinaigrette

HEALTH BENEFITS OF FENNEL:

The fennel flavor spectrum is wide: either it's full-on anise—that pungent kick of black licorice flavor that you hated as a kid and now kind of dig since you learned to appreciate pastis and absinthe—or it's mild and pleasantly verdant.

Fennel is super high in dietary fiber, covering more than 25 percent of your daily value, as well as potassium, which is crucial in maintaining low blood pressure. It's got vitamins A, C, B6, and a host of others