



Sicilian Fennel Orange Salad

From the Sensenig's Cookbook

Ingredients:	Instructions:
<ul style="list-style-type: none">• 1 bulb fennel medium-large or 1 small• 2 oranges• 0.5 red onion• 2 tablespoon extra virgin olive oil• 1 tablespoon lemon juice• 0.25 teaspoon salt• 0.25 teaspoon pepper• 4 tablespoon kalamata olives• 1 teaspoon chopped parsley to garnish.	<ol style="list-style-type: none">1. Cut the fennel bulb in half then trim the end and remove the core. Cut the remaining bulb in very thin slices, cutting larger slices in half. Stop slicing once you get to the greener part and discard the top or use for something else.2. Peel the orange with a knife so that you also remove the membrane on the outside of the flesh part. Cut down by the membranes on each segment to remove the segments without any membrane or white pith on them. Break larger pieces in half.3. Pell the chunk of red onion and finely slice it. Lay the fennel, onion and orange on a plate and gently mix together4. Collect any juices from the orange, such as squeezing from the chopped-off membrane, and put them in a small bowl or jar (this is for the dressing). Add the olive oil, lemon juice, salt and pepper then

	<p>whisk or shake together. Drizzle over the salad.</p> <p>5. Top the salad with the olives and some torn/chopped parsley and serve.</p>
<p>Notes: I make an orange citrus vinaigrette for it. Fresh squeezed orange and lemon juice, white wine vinegar, olive oil, salt and pepper</p>	
<p>Source: Caroline's Cooking</p>	