



Dressings & Salads



Bikini* Fennel Salad **barely dressed*

Ingredients

- 1 bulb fennel
- 1 orange, zested, peeled and cut into segments
- 1/4 red onion, thinly sliced
- 2 tablespoons fresh mint or basil, chopped
- 1/2 teaspoon salt
- 1/2 tablespoon extra virgin olive oil



Instructions

- Wash the fennel and remove the fronds (the fronds are the greenery on top).
- Chop up 2 tablespoons of the fronds and set aside.
- Using a potato peeler or knife, thinly slice the entire fennel bulb and place into a bowl, tossed with the salt. Set aside for about an hour.
- Toss everything together and enjoy chilled.

Honey Mustard Topped Green Beans

Ingredients

- 2 tbsp Dijon mustard
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar or fresh lemon juice
- 1 tbsp honey
- 1 small garlic clove grated or very finely minced
- Sea salt and freshly ground black pepper to taste
- Tablespoon Sesame Seeds
- Blanched Green Beans

Instructions

- Whisk all ingredients and let sit for 30 minutes to infuse flavors.
- Trim green beans, then drop in boiling water for 30 seconds, then rinse in ice water.
- Dress with Honey Mustard



Creamy Cucumber Dill Salad

Ingredients

- 1/3 cup Greek yogurt
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 2 tbsp chopped fresh dill
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp honey
- 2 cucumbers sliced thinly
- 1/4 cup very thinly sliced red onion

Instructions

- In a large bowl, whisk together all ingredients except cucumber and onion.
- Pour over cucumber and onion and blend well.
- Serve immediately.

