

# Fennel Apple Salad



## INGREDIENTS

1 fennel bulb  
1 granny smith apple  
1/2 red onion  
arugula  
freshly ground pepper  
sea salt  
parmesan (optional)

## DRESSING

fresh squeezed lemon  
granny smith apple  
extra virgin olive oil  
salt  
pepper

## DIRECTIONS

1. In a small bowl or jar, mix together the lemon juice and olive oil. Add salt and pepper.
2. Cut the fennel bulb vertically, so that you're cutting through the trimmed shoots. Once halved, you can see the hard core at the base of the fennel. Scoop it out and discard.
3. Next, place the halved fennel on a cutting board, flat surface down. Slice it starting from the base, making sure to keep them as thin as possible. Or use a mandolin if you have one.
4. Halve and core the apple. Cut into very thin slices along with 1/2 red onion.
5. Add sliced fennel, apple, and onion to a bowl of arugula and lightly toss.
6. Add the dressing, gently toss to coat evenly.
7. Plate, garnish with parmesan and serve.