



Arugula, Fennel, and Orange Salad

Prep Time 10 mins
 Total Time 10 mins

Meal Type Side
 Contributed By



Source Adapted from [Williams Sonoma](#)

Servings 5



Ingredients

- 1 fennel bulb, *thinly sliced*
- 4 oranges, *segmented*
- 1 lemon, *juiced*
- 1 shallot, *chopped*
- 4 Tbs olive oil
- 2 tsp Dijon Mustard
- 1/2 tsp dried tarragon
- salt, *to taste*
- pepper, *to taste*
- 4 cup arugula

Directions

Prep

1. Slice fennel and 3 oranges. Peel orange slices.
2. Zest and juice remaining orange.
3. Juice lemon.
4. Chop shallot.

Make

1. Combine for vinaigrette: 1/4 cup fresh orange juice, 2 teaspoon grated orange zest, 2 tablespoon fresh lemon juice, olive oil, canola oil, mustard, tarragon, shallot, salt and pepper.
2. Arrange fennel bulb, orange slices and arugula on plates and drizzle with vinaigrette.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Calories 205 per serving	Total Fat 12.04g	18%	Total Carbohydrates 25.76g	
			Dietary Fiber 5.88g	23%	
			Total Sugars 18g		
			Protein 2.51g		

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