

Fennel, Orange, Walnut and Arugula Salad

Ingredients:

- 1 cup walnut pieces
- 3 organic navel oranges
- 1/4 cup extra-virgin olive oil
- 2 Tablespoons sherry vinegar or fresh lemon juice
- Sea salt and freshly ground pepper to taste
- 1 10-ounce package of arugula
- 1 large fennel bulb

Directions:

1. Toast walnuts in a 350° F oven for 10 minutes.
2. Grate 2 teaspoons zest from navel oranges. Whisk with oil, vinegar, salt and pepper.
3. You can either peel the oranges with a knife and section the oranges into segments which is more elegant or peel the oranges by hand cut in half lengthwise and slice into crosswise segments.
4. Toss arugula and fennel with dressing. Place on serving plates. Top with orange sections and toasted walnuts.

Variation: Add roasted beets in bite size pieces or sliced thinly to the final step.