

Fennel and Arugula Salad

Ingredients

2 cups baby arugula
2 heads Romain hearts, torn in one inch pieces
2 Persian cucumbers, peeled and sliced
1 small red onion, sliced thin
1 fennel bulb trimmed and sliced in matchsticks **keep cut fennel submerged in cold water to prevent discoloration. Drain when ready to use.*

Process

Prepare all the vegetables (keeping separate) and return to refrigerator until ready to compose.

Nonna's Vinaigrette

½ cup good quality extra virgin olive oil
¼ cup white wine vinegar
1½ tablespoons honey
¾ teaspoon Dijon mustard
Kosher salt

I like to dress each part of salad separately.
Drizzle with dressing, season with salt and toss gently.

Transfer lettuce to a large oval platter. Surround with cucumbers and fennel.
Mound onions on top. If there's any remaining dressing drizzle over top of salad.
Serve immediately.

Buon appetito!