

## Nutrition Notes: Fennel and Red Radish Salad

### Ingredients (for 4 servings)

#### Salad

500 g or 1 pound radishes (red skin with white flesh), thinly sliced (a mandolin helps)

1 fennel bulb, thinly sliced and finely chopped fennel greens

100 g or 2/3 cup walnuts, finely chopped

Variation: add one very thin slice Vidalia onion

#### Vinaigrette

Zest of 2 oranges, tangerines or mandarins

Juice of 2 oranges, tangerines or mandarins, fresh squeezed

45 ml or 3 tbsp balsamic vinegar

Sea salt and freshly ground black pepper to taste

150 ml or 2/3 cup extra virgin olive oil

Variation: use lemons instead of oranges

### Preparation

Mix the radishes, fennel, optional Vidalia onion and walnuts together.

Prepare vinaigrette, mixing together citrus zest, citrus juice and vinegar. Add sea salt and pepper to taste. Whisk in oil very slowly.

Pour the vinaigrette over the salad, cover and chill in the refrigerator for minimum 1 hour before serving.

Leftovers are great the next day. This salad also travels well for camping or cottaging.

## **Nutrition Notes: Green Bean and Arame Seaweed Salad**

### Ingredients (for 4 servings)

300 g or 2 cups young, tender, thin green beans  
30 ml or 2 tbsp dried Arame seaweed  
60 ml or 1/4 cup warm water  
25 ml or 1-1/2 tbsp rice wine vinegar  
10 ml or 2 tsp sesame oil  
40 g or 1/4 cup red onions, finely sliced  
2.5 ml or 1/2 tsp sea salt

### Preparation

Cook green beans in boiling water until just tender and still crunchy. Place in ice cold water to stop the cooking.

Soak the Arame seaweed in a bowl of warm water for 5 minutes.

In a bowl, mix together vinegar, half the water that the Arame seaweed was soaked in and the sesame oil.

Add all the other ingredients and mix gently. Season with sea salt to taste.