

Fennel-Pepper Slaw

Sunset Edible Garden Cookbook

Flavor Profile: Mediterranean

Serves 6



Ingredients:

- 3 Tablespoons freshly squeezed lemon juice
- 3 Tablespoons olive oil
- 1 Tablespoon Dijon mustard
- 1 Tablespoon honey
- Salt and freshly ground black pepper
- 2 small heads fennel (about 1 3/4 lbs. total)
- 3 red, yellow, and orange bell peppers, stemmed, seeded, and slivered lengthwise

Directions:

1. In a small bowl, whisk lemon juice, olive oil, mustard, and honey to blend. Add salt and pepper to taste.
2. Trim stalks from fennel; chop enough feathery green fronds to make 2 tbsp. and reserve. Cut heads in half lengthwise, then shave into paper-thin strips or cut into thin slivers.
3. In a bowl, combine fennel and bell peppers. Drizzle with dressing and mix gently to coat; cover and chill at least 1 hour and up to 1 day. Just before serving, sprinkle with reserved fennel fronds.

Nutritional Information

Amount per serving

- Calories: 114
- Calories from fat: 55%
- Protein: 1.5g
- Fat: 7g
- Saturated fat: 0.9g
- Carbohydrate: 13g
- Fiber: 3.6g
- Sodium: 111mg
- Cholesterol: 0.0mg

