



Arugula, Blood Orange, and Fennel Salad
with Basil Orange Vinaigrette*

prep time:
15 minutes

makes xx servings

grocery list

fresh fennel
fresh arugula
fresh blood oranges
fresh juice oranges
Spectrum Oil
fresh basil
sea salt
Morton & Bassett Organic
Whole Black Peppercorns

*Exclusive Chef Faith Alahverdian recipe.

arugula, blood orange, and fennel salad with basil orange vinaigrette

- 2 bunches fresh fennel, fronds and base removed and washed
- 1 bunch fresh arugula
- 3 fresh blood oranges, cut into round segments
- $\frac{2}{3}$ cup freshly squeezed orange juice
- $\frac{1}{3}$ cup **Spectrum Oil**
- 2 tbsp. chopped fresh basil
- sea salt
- freshly ground **Morton & Bassett Organic Whole Black Peppercorns**
- baby basil leaves or basil chiffonade (optional)

1. Slice fennel very thinly and place in ice water until ready to dress salad. Cut stems off of arugula and tear gently into large pieces. Peel and cut blood oranges into slices; set aside.
2. To prepare vinaigrette, in small bowl whisk together orange juice, **Spectrum Oil**, chopped basil, and sea salt and freshly ground black pepper to taste.
3. In a medium bowl, gently toss drained fennel and arugula pieces with most of the vinaigrette; arrange on individual plates. Gently toss orange slices with remaining vinaigrette and place on each plate. Garnish with baby basil leaves or basil chiffonade, if desired.

Per Serving: xxx calories, xxg carbohydrate, xg protein, xg fat, xg fiber, xmg cholesterol, xxxmg sodium

cook's journal

kitchen tools

- cutting board
- chef's knife
- paring knife
- liquid measuring cup
- measuring spoons
- ice water in large bowl
- small bowl
- whisk
- pepper mill
- medium bowl
- salad plates

recipe note

Three or four Valencia oranges will yield approximately 1 cup of freshly squeezed juice.

a good idea

Toasted baguette rounds spread with herbed goat cheese make a great accompaniment to this salad.

