

Orange and Fennel Salad

4 cups mixed
lettuce
greens

1 large fennel
bulb, thinly
sliced

2 tbsp extra
virgin olive
oil

1 tbsp rice
vinegar

1 tsp Dijon
mustard

Pinch each
salt and
pepper

2 medium
oranges,
peeled and
sectioned

2 tbsp each
raisins and
toasted
pumpkin
seeds

Put lettuce and fennel in salad bowl. To prepare dressing, whisk together oil, vinegar, mustard, salt and pepper in small bowl. Add dressing, orange segments, raisins and pumpkin seeds to salad and toss well. Serve.



Makes 6 servings. Each:

117 calories ❖ 2g protein ❖ 6g total fat
❖ 0mg chol ❖ 17g carb ❖ 8g sugar ❖
3g fiber ❖ 57mg sodium