



Fennel & Avocado Salad



Ingredients: Yield 8 servings

- 1 Pound fennel bulbs, trimmed, cut in slices
- 2 Large avocados, halved pitted, cut in slices
- 2 Large pink grapefruits or oranges, peeled and white pith removed
- **Dressing:**
- 1 Tbs. minced green onion
- 1 Tsp. minced, peeled fresh ginger
- 1/3 Cup orange juice
- 1/4 Cup lemon juice
- 3 Tbs. olive oil
- 2 Tbs. honey
- 1 Tsp. sesame oil.

Preparation:

Whisk last 7 ingredients in large bowl to dressing, season with salt and pepper. Cut between membranes of grapefruits to release segments. Spread fennel slices over large platter. At grapefruit segments and avocado slices at top fennel. Drizzle dressing over salad.

Nutritional information for 1 cup serving: Calories 130, Fat 10gm, Fiber 3 gm, Cholesterol 0mg, Sodium 35mg

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Rev. 01/2010



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