



Orange & Fennel Salad



Ingredients:

- 2 Navel oranges or blood oranges
- 1 Large fennel bulb, halved lengthwise, cored, very thinly sliced
- 1/2 Cup thinly sliced red onion
- 16 Small fresh mint leaves, torn in half
- 3 Tbsp. olive oil
- 20 Black olives.
- Sal and Pepper.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
 Rev. 01/2010

Preparation:

Cut pith and peel from oranges. Cut between membranes to release segments. Toss orange segments, fennel, onion, mint, and oil in large bowl to coat. Season salad generously to taste with salt and pepper. Transfer salad to platter. Garnish with olives and serve immediately.

Nutritional information for one cup serving:

Calories 200, Fat 16 gm, Saturated fat 2 gm, Carbohydrates 15 gm, Fiber 4 gm, Sodium 340 mg.



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