

FENNEL ANTIOXIDANT SALAD RECIPE

2-3

Servings

30 Minutes

total time

Ingredients:

1 large fennel bulb

1/2 of a medium-sized beet

1 small shallot

Dressing:

1 teaspoon apple cider vinegar

the juice of 1/2 a lemon

1 teaspoon coconut aminos

1/2 teaspoon mustard

1/2 teaspoon Celtic seas salt

3 Tablespoons avocado oil

2 Tablespoons parsley, minced

1 clove of garlic, chopped

1/2 teaspoon chili powder

Directions:

Wash the fennel and beet. On a cutting board chop off the stalk of fennel a few inches above the bulb. Cut the fennel in half and then in half again to make quarters. On a diagonal cut out the tough core of the fennel (save the core and tops for making bone broth or vegetable stock or for juicing).

Then thinly slice the fennel in quarter-inch slices starting from the top and working toward the bottom. Repeat this with the other three-quarters of the fennel. Place into a medium bowl.

Peel the beet and grate it then put it into the same bowl. Slice or mince the shallot depending on how you like it and put it into the bowl.

To make the dressing:

Put all of the dressing ingredients into a blender and blend for 30 seconds, or you can put them into a jar with a lid and shake it up vigorously until mixed.

Pour the dressing onto the fennel, beet, and shallot in the bowl and mix together. You can serve it right away or let it set for an hour to let the flavors mix together.