

Apple Fennel Salad with Lemon Zest



Prep:

15 minutes

Total:

20 minutes

Makes:

6 full servings

Utensil:

Saladmaster Food Processor
medium mixing bowl

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Recipe:

Contributed By:

Marni Wasserman
Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Apples and fennel make a sweet, fresh and crisp combination. Both are loaded with fiber, nutrients and properties that are excellent for digestion. This salad is perfect in the summer time alongside other recipes that are fresh and wholesome.

2 cups
fennel, processed, use Cone #3
(174
g)

2 cups
apple, sliced, use Cone #4
(218
g)

1 tablespoon
lemon zest, use Cone #1
(12
g)

2 tablespoons
lemon juice
(30
mL)

1 teaspoon
Filsingers apple cider vinegar
(5
mL)

2 ½ tablespoons
olive oil
(37.5
mL)
1 tablespoon
fresh thyme, minced or 1 teaspoon dried thyme
(2
g)
1 teaspoon
sea salt
(6
g)
cracked black pepper, to taste
½ cup
chopped walnuts
(59
g)

Directions:

1. Using the Saladmaster Machine, process fennel and slice apple directly into a medium mixing bowl.
2. Add remaining ingredients except walnuts and toss together. Let salad marinate at room temperature up to 4 hours. Top with walnuts just before serving.

Nutritional Information per

▼ Serving

Calories: 145
Total Fat: 12g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 329mg
Total 9g
Carbs:
Dietary Fiber: 3g
Sugar: 4g
Protein: 2g