

Green apple and fennel salad

This is a simple but refreshing salad and once you have tried it I am sure it will become a favorite. This goes great with fish, meat or chicken.

I love the use of fennel with fruit it screams of summer!!!!

Dressing

Blend the following

Juice and zest of 1 lemon (2 ounces)

Orange juice 4 ounces

2 tablespoons Greek wild thyme scented honey

1 tablespoon Dijon mustard

Salt and pepper to taste

Salad

1 Fennel bulb thinly sliced

1/2 cup of the fennel greens rough chopped

2 Green apples thinly sliced

Use a mandoline if available

Toss with the dressing make sure to coat each piece of apple, this will stop the fruit from turning brown.

Refrigerate for 15 minutes and serve right away.