



LOVE the FOODS that LOVE YOU BACK

Clean, Healthy, VEGAN
Recipes for Everyone

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Photography by Giordano Katin-Grazzini

RIZZOLI
NEW YORK

Apple Fennel Summer Salad

SERVES 3 TO 4



This refreshing, nourishing raw summer salad is a medley of mid-August farm vegetables, crisp Fuji apples, and green olives in a light oil-free dressing of lime juice and apricot paste. Dusted with a sprinkling of finely chopped pistachios, it is heavenly!

1. Using a mandoline on a fine setting or a sharp chef's knife, slice the fennel bulb, radishes, and carrots uniformly thin. Core and slice the apple and toss the apple slices with the lime juice to prevent browning. Just before plating, drain off and reserve the lime juice to use in the dressing.
2. Attractively plate the fennel, carrots, radishes, and apples to showcase each one's color and texture, and distribute the peas and olives on top.
3. To make the dressing, whisk the reserved lime juice with a sufficient amount of the apricot paste to flavor it to your taste. If it is too dense to pour, thin it further with water, a teaspoon at a time, until it is pourable. Drizzle over the plated salads or serve the dressing on the side.
4. Garnish each serving with a few fennel fronds and some lime zest. Sprinkle the chopped pistachios and slivered scallions on top.

PREP: 30 minutes

- 1 medium-large fennel bulb with fronds
- 3 to 4 French radishes
- 2 small yellow and 2 small orange carrots
- 1 medium organic Fuji apple
- Zest and juice of 1 organic lime
- ¼ cup green peas, fresh, if available, or frozen and defrosted
- ¼ cup flavorful Mediterranean or Middle Eastern green olives, not pitted
- ½ cup Dried Apricot Paste (page 42)
- 2 tablespoons finely chopped unsalted pistachios
- 1 scallion, slivered on the bias

