

Recipe

Fennel Raisin Salad

By

Madhavi Devi Dasi



Ingredients & Preparation

- 1 fennel bulb
- 1 large red apple, peeled (if preferred) and chopped
- ½ cup raisins
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh cilantro or mint
- 2 tbsp orange juice
- 1 tbsp lemon juice

2 tbsp olive oil
¼ tsp salt
¼ tsp pepper
1 tbsp honey
1 tsp Dijon mustard

Preparation

Use only the white part of the fennel bulb. Cut the bulb in half lengthwise and coarsely chop. Chop apples and herbs. In a medium bowl, mix chopped fennel, apples, raisins, cilantro and parsley.

In a small saucepan, combine the orange juice, lemon juice, oil, honey, salt, pepper, and mustard. Bring to a simmer over medium heat and cook for 2 minutes. Pour over the fennel mixture and mix well.

***One of the most refreshing salads you can ask for: it is tangy, sweet, and crunch in every bite!
Enjoy it!

Serves

4

For further details please contact

Madhavidedasi@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare