

APPLE CRANBERRY SALAD WITH CITRUS DRESSING



Not every salad needs a base of traditional greens to taste great. This salad uses a sliced fennel bulb to create a small “green” layer while packing in a ton of flavor with the addition of fruit and a sweet, homemade dressing. This salad is easy and quick to prepare, vegetarian-friendly, and can entice your kids to try salad as well with the inclusion of fruit.

This dish uses a fennel bulb, a unique addition to salad that you can find easily in local farmer’s markets or even some grocery stores. Fennel is a nutrient-dense veggie that includes high amounts of Vitamin C and phytonutrients – a delicious addition to a Paleo-eaters culinary repertoire. A few quick notes about using fennel bulbs: Look for bulbs that have green stalks and a firm white base – it shouldn’t feel soft or flimsy. The entire plant is edible, so wash the stalks well before prepping so you can include those too. Make very thin cuts as you prep – fennel has a texture like celery, so cutting thin amounts can help spread the flavor and density of this a bit more through

your plate.

This salad is carb and fats heavy, so try pairing this with a high protein dish to balance the macronutrients of your meal. If you’re prepping this salad for lunch, try topping with a simple, chopped hard-boiled egg or

two. For dinner, this versatile salad works well with nearly any main course. For a dish that complements the citrus flavors, try serving with this [Maple Chili Pork Tenderloin](#).

Apple Cranberry Salad With Citrus Dressing Recipe

Serves: 4 Prep: 20 min

Protein: 3g / 3%

Carbs: 34g / 38%

Fat: 23g / 58%

Ingredients

1 red apple;
1 granny smith apple;
1 fennel bulb, thinly sliced;
1/4 cup dried cranberries;
1/3 cup pine nuts, toasted;

Ingredients for the Citrus Dressing

1/4 cup extra-virgin olive oil;
1/4 cup fresh lime juice;
2 tbsp. apple cider vinegar;
2 tbsp. raw honey; (optional)
1 tbsp. Dijon mustard;
1 tbsp. poppy seeds;
Sea salt and freshly ground black pepper;

Preparation

In a bowl, combine all the ingredients for the citrus dressing, season with salt and pepper to taste, and whisk until well combined.

Core and spiralize both apples.

Add the spiralized apples, sliced fennel, and cranberries to a salad bowl.

Drizzle with the dressing and toss until everything is well coated.

Serve the salad topped with toasted pine nuts.

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