

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Arugula Watercress Fennel Apple Almond Salad with Apple Cider Vinaigrette

This salad has everything going for it. Crisp, peppery greens balanced with sweet apples, fennel, toasted almonds and tossed in a tangy vinaigrette dressing. Excellent enjoyed as a side salad or as a light meal on its own. The dressing can be made in advance. Though, as both watercress and arugula are fragile greens, dress the salad just before serving.

Vegan and naturally gluten-free.

Makes 4 entrée salads or 8 side salads

Total Time 45 minutes

Salad Ingredients

$\frac{2}{3}$ - $\frac{3}{4}$ cup Apple Cider Vinaigrette

1 bunch watercress, rinsed, dried, thick stems removed

5 ounces baby arugula, rinsed, dried

$\frac{1}{2}$ cup slivered almonds

1 small fennel bulb

1 red apple, such as Pink Lady, quartered, cored, thinly sliced lengthwise, halved crosswise

$\frac{1}{2}$ cup thinly sliced scallions, white and green parts

Instructions

1. Prepare the Apple Cider Vinaigrette. Recipe below.
2. Rinse and dry the arugula and watercress. Remove the thick stems from the watercress. Store both of the greens in the refrigerator until just before serving the salad.
3. Heat the oven to 300 degrees. Bake the slivered almonds 7-8 minutes until golden and toasted. Remove from the oven and set aside to cool.
4. Remove the fronds from the fennel bulb and save them for another use. Quarter and core the fennel bulb. Thinly slice each quarter lengthwise. Put the sliced fennel in a large bowl and toss it with 3 tablespoons of the Apple Cider Vinaigrette.
5. Quarter and core the apple. Thinly slice each quarter lengthwise, then halve the slices across the middle. Toss the apple slices in the dressing with the fennel.
6. Just before serving the salad, toss the arugula, watercress, scallions and almonds with the sliced fennel and apples.

Apple Cider Vinaigrette

Enjoy Apple Cider Vinaigrette in Arugula Watercress Fennel Apple Almond Salad. It's also excellent throughout the year for Grain Bowls, steamed vegetables, slaws and, of course, other salads. Inspired by and adapted from a recipe from [The Yummy Life](#).

- Making Apple Cider Vinaigrette with an immersion blender or in a blender jar makes it thick and creamy without mayo or yogurt.
- The dressing is slightly sweet from apple juice concentrate, and tangy from apple cider vinegar.
- Do let the dressing sit about 30 minutes before using to mellow and marry the flavors.

Makes 1 ¼ cups

Total Time 5 minute

Ingredients

¼ cup organic, raw, unpasteurized, unfiltered [apple cider vinegar](#)

¼ cup organic apple juice concentrate, defrosted

1 large clove garlic, peeled and coarsely chopped

¾ teaspoon sea salt

1 tablespoon [homemade, country-style cultured mustard](#) or Dijon

½ teaspoon dried thyme leaves

10 twists freshly ground black pepper

⅔ cup extra virgin olive oil

Instructions

1. Place everything in a blender jar and blend until thickened and thoroughly mixed.
2. Store Apple Cider Vinaigrette in a covered container in the refrigerator for 2-3 weeks.