

Apple Fennel Salad

Season's Best Sides | November 2008



For a no-mess method to seed a pomegranate, cut or break it into quarters. Submerge each piece in a bowl of water and loosen seeds with your fingers under water.

START TO FINISH: 40 MINUTES

- 1 POMEGRANATE
 - 3 LEMONS
 - 3-4 MEDIUM TART, CRISP GREEN AND/OR RED APPLES, SUCH AS GRANNY SMITH
 - 2 MEDIUM FENNEL BULBS, TRIMMED, FRONDS RESERVED
 - 6 TBSP. CANOLA OIL
 - 2 TBSP. MAYONNAISE
 - 3-4 TBSP. CHOPPED FRESH ITALIAN (FLAT-LEAF) PARSLEY
- SALT
FRESHLY GROUND BLACK PEPPER

Remove seeds from pomegranate; set aside. Squeeze the juice from 1 of the lemons into a large salad bowl. Halve and core the apples; do not peel. Thinly slice the apples and toss with the lemon juice in the bowl; set aside.

Quarter the fennel bulbs. Core and thinly slice each bulb. Add the fennel to the apples. Toss to combine; set aside. Coarsely chop some of the reserved fennel fronds (about $\frac{1}{4}$ cup); set aside.

Finely shred the yellow portion of the peel from the 2 remaining lemons into a small bowl. Juice the 2 remaining lemons and add the juice to the peel. Whisk the oil into the juice and peel. Whisk in the mayonnaise, then the parsley. Season with salt and pepper.

To serve, drain the apples and fennel; return to bowl. Add dressing, pomegranate seeds, and chopped fennel fronds; toss to coat. Makes 8 to 10 servings.

MAKE AHEAD: Prepare as above except do not add the pomegranate seeds; cover and chill for up to 24 hours. Stir in the seeds just before serving.

Per serving: 182 cal., 13 g total fat (1 g sat. fat), 1 mg chol., 174 mg sodium, 19 g carbo., 5 g dietary fiber, 2 g protein.