



orange, avocado & fennel salad

Looking for the tastiest, freshest and best springtime salad? You've found it with this Fennel, Orange & Avocado Salad, a combination of peppery arugula, sweet oranges, crunchy fennel and creamy avocado, all topped with roasted pumpkin seeds and drizzled with a zesty honey lime dressing.

SERVES: 4

ingredients

Roasted Pumpkin Seeds

- 1 cup raw pumpkin seeds
- 1 tbsp melted butter
- 1 tbsp brown sugar
- Pinch ground cinnamon
- Pinch kosher salt

Honey Lime Dressing

- 3 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp honey
- 1 tbsp fresh lime juice
- 2 tsp Dijon mustard
- ½ tsp kosher salt
- ¼ tsp lime zest
- ¼ tsp freshly ground black pepper

- 6 cups baby arugula
- 3 oranges, peeled and sliced into segments
- 1 small fennel bulb, halved, cored and sliced into paper thin strips
- 1 large ripe avocado, pitted and sliced

directions

- 1.** Preheat oven to 300°F. For the roasted pumpkin seeds, in a small bowl, toss pumpkin seeds, melted butter, brown sugar, cinnamon and salt together. Spread onto a parchment-lined baking sheet and place in oven for 18 minutes, stirring occasionally. Once seeds are golden, remove from oven and set aside.
- 2.** For the dressing, whisk olive oil, apple cider vinegar, honey, lime juice, Dijon mustard, salt, lime zest and pepper. Set aside.
- 3.** To assemble the salad, lay the arugula on a large serving platter. Top with orange slices, fennel and avocado. Drizzle generously with dressing and sprinkle pumpkin seeds over top.

“For me to enjoy a salad, I need the right dressing. Vodka is salad dressing, right?”

— JAROD KINTZ

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julie albert & lisa gnat

