

Jicama, Orange & Fennel Salad

4 naval oranges

1 jicama (about the size of an apple)

1 small fennel bulb

A handful of fresh spinach

A few sprigs of arugula

Dressing:

2 tsp raspberry vinegar

1 med clove garlic, minced

2 tbs balsamic vinegar

2 tbs orange juice

4 tbs extra virgin
olive oil

1/2 tsp Salt

2 tsp honey

20 to 30 minutes to prepare. Optional garnish: pickled red onions

Instructions:

To make the salad: Cut off the ends of the oranges with a sharp serrated knife, then slice the peel from the sides. With a gentle sawing motion, cut along each membrane to release the orange sections into a small bowl. Set aside.

Peel the jicama, and cut into very thin slices about 1 1/2" long. Slice the fennel into very thin strips, include the feathery tops. Chop the arugula.

To make the dressing: In a small bowl, whisk together the dressing ingredients until the honey is dissolved. Refrigerate everything until serving time.

Assemble the salad on a small platter shortly before serving. First, put down a layer of spinach (a starburst pattern looks real nice), then a layer of jicama slices. Drizzle on some of the dressing, then sprinkle on fennel and arugula. Arrange orange sections on top, and spoon on a little more dressing. Garnish, if so inclined, with a few slices of pickled red onion.

Makes 4 to 6 servings

Source: Moosewood Cookbook