



Spinach, Fennel and Orange Salad with Almonds

Ingredients

- 1 bulb Fennel, shaved slices (use a mandolin or a chef's knife)
- 1 -8 oz package of washed fresh Baby Spinach
- 3 Oranges, peeled and segmented, plus
 - 1 Orange, juiced and zested (only zest half of orange)
- 3 tablespoons sliced Almonds, toasted

Dressing

- 1 tablespoon minced Ginger
- 1/4 cup extra-virgin Olive Oil
- 2 T Mirin (Japanese sweet cooking wine)
- 3 T Rice Wine Vinegar
- 1 T Soy Sauce or Ponzu Sauce
- Salt and freshly ground White Pepper (to taste)

Directions

In a mixing bowl, add all ingredients for the dressing then whisk.

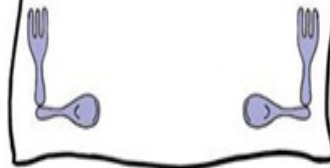
Top with the fennel, spinach, oranges, salt and pepper.

Toss well and serve or refrigerate up to 1 hour.

Prep time: 10 minutes

Cookee's Tool Kit

- Cutting Board
- Chefs' Knife
- Medium Mixing Bowl
- Serving Platter
- Small Mixing Bowl
- Whisk



Officer Andy's Safety Corner

Kids love to put ingredients into bowls and mix them. Please include the kids. A plastic bowl can be used.

