

Fennel and Orange Salad with Chicken

A Recipe by Chef Walter Staib

Serves 5

1 fennel bulb
2 oranges
2 tablespoons Marukan Rice Wine vinegar
1 tbsp olive oil
1/2 red onion, thinly sliced
1 bunch parsley, chopped
Freshly ground pepper
½ cup walnuts, toasted
1 pound chicken drumsticks, roasted

Remove the tough outer leaves of the fennel and cut off the top shoots. Keep the green fronds. Slice off the root end at the bottom. Quarter the fennel bulb, wash thoroughly and slice very finely.

Remove the skin and all the white pith from the oranges and cut the orange segments away between the inner membranes. Section the oranges over a bowl to catch the juices.

Combine the vinegar and olive oil in a bowl. Toss fennel slices, fronds, red onion, orange segments and parsley with the dressing. Season to taste with freshly ground pepper. Just before serving, toss the toasted walnuts into the salad and top with chicken.

Nutritional Breakdown Fennel and Orange Salad with Chicken

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
HH Fennel and Orange Salad w/ Chicken Drumstick	5	280	16	2.6	120	144	4	13	25