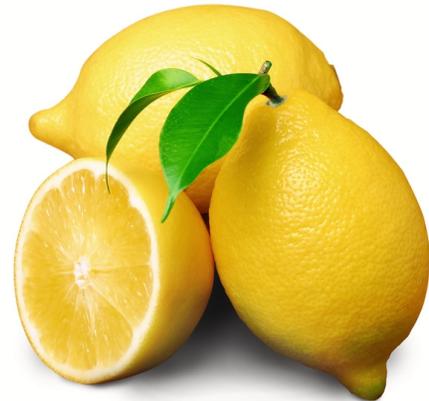


Cold Fennel Salad

Makes 1 serving (1 vegetable)
1 gram protein
0 fat
45 calories

Ingredients

- 1 ½ cups fennel bulb, steamed and diced
- 2 tablespoons lemon juice
- 1 teaspoon apple cider vinegar (optional)
- 1 teaspoon red onion, minced
- Dash of turmeric
- Salt and pepper to taste
- Stevia to taste
- Fresh mint leaves, chopped (optional)



Directions

1. Steam fennel until bulb is tender.
2. Marinate fennel in vinegar & spices or any marinade. Chill until ready to serve.
3. Serve with appropriate fruit or lemon juice.
4. Add salt and pepper to taste.

Works well with chopped apple or slices of orange.

(Only use the orange if you marinated with orange juice, remember not to mix fruits.)

