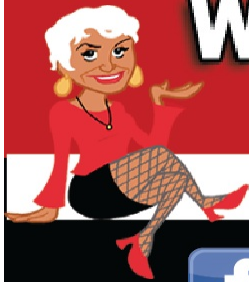


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ARUGULA, FENNEL & PARMESAN SALAD

Intermediate Lifestyle

Ingredients

3 TBS fresh lemon juice
2 TSP Splenda
1 TSP olive oil
½ TSP salt
¼ TSP black pepper
4 cups thinly sliced fennel bulb (about 2 bulbs)
1 cup thinly sliced red onion
8 cups trimmed arugula
½ cup (2 ounces) shaved fresh Parmesan cheese

Instructions

1. Combine first 5 ingredients in a small bowl, stirring with a whisk. Combine fennel and onion in a large bowl; drizzle with dressing, tossing gently to coat.
2. Arrange 1 cup arugula on each of 8 plates. Top each serving with about ¾ cup fennel mixture and 1 TBS cheese.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1 cup arugula, ¾ cup fennel mixture, 1 TBS cheese = 2 V, ¼ M