



CARROT AND FENNEL SALAD

Intermediate Lifestyle

Ingredients

2 fennel bulbs (feathery green leaves removed)
2 cups carrots
1 TBS olive oil
2 finely chopped onions
2-3 cloves minced garlic
handful of tom coriander leaves, no stems
2 TBS lemon juice
1/4 TSP cumin
cayenne, Morton's Lite Salt (50% less sodium) and black pepper

Instructions:

1. Slice the 2 fennel bulbs and the 2 cups carrots into thin matchsticks, then set aside.
2. Heat the olive oil in a skillet, then cook the chopped onions and minced garlic only until shiny and wilted.
3. Add the prepared fennel and carrots. Heat and toss until mixed. Spoon the vegetables into a bowl and sprinkle with the handful of coriander leaves, lemon juice, cumin, cayenne, salt and black pepper.

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

Serving = 1/2 cup = 1 V