NaturesPlus.

Fennel, White Bean and Walnut Salad

INGREDIENTS

1 fennel bulb

1 15-oz can white beans, drained and rinsed

1/2 cup shredded carrot

1/4 cup dried currants

3/4 cup toasted walnut pieces

Dressing

1/2 cup olive oil

1/4 cup white wine vinegar

1 tbsp Dijon mustard

1/4 cup mixed, chopped herbs (parsley, chives, tarragon)

salt and pepper to taste

- Thinly slice the fennel and place in a large bowl with the beans, carrot and currents.
- In a small bowl, whisk together the dressing ingredients and pour over bean-and-fennel mixture. Toss to combine.
- 3. Sprinkle walnuts over the top and serve.

Yields: 6 servings

Source: Source: The California Walnut Board

recipes