



Shaved Fennel and Arugula Salad

This fresh salad inspired by Mediterranean flavours is a great source of vitamin A, vitamin C, vitamin K, and potassium. The combination of zesty, tangy, and nutty flavours makes it a delicious low-calorie side dish to serve with your main meal.

Prep: 15 minutes • Total: 40 minutes

Ingredients:

Zucchini, sliced thinly	1 large	1 large
Fennel, sliced thinly	1 each	1 each
Fresh dill, chopped	2/3 cup	167 mL
Lemon juice	1/3 cup	83 mL
Extra virgin olive oil	2 Tbsp	30 mL
Arugula	8 cups	2 L
Pine nuts, toasted	¼ cup	63 mL
Low-fat feta cheese, crumbled	1/3 cup	83 mL

Directions:

1. Combine the zucchini, fennel, and dill in a bowl and toss with the lemon juice and olive oil.
2. Set aside and marinate for at least 20 minutes.
3. Right before serving, put the arugula in a large bowl. Scoop the zucchini and fennel onto the arugula and pour the marinade on top. Toss to mix.
4. Serve topped with pine nuts and crumbled feta cheese.

Nutrition Facts

Serving Size (114g)

Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 3g

Vitamin A 15% • Vitamin C 30%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: 101cookbooks.com

Makes 8 servings (114 g / serving) • 1 serving = approx. 2 cups

Prepared By: Jennifer Broxterman, Registered Dietitian & Chelsea Allen, BScH Foods & Nutrition student
NutritionRx • **Email:** info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca