

# FOOD

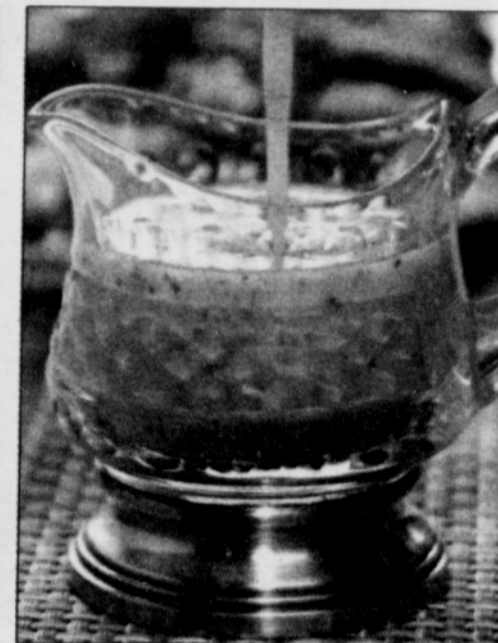
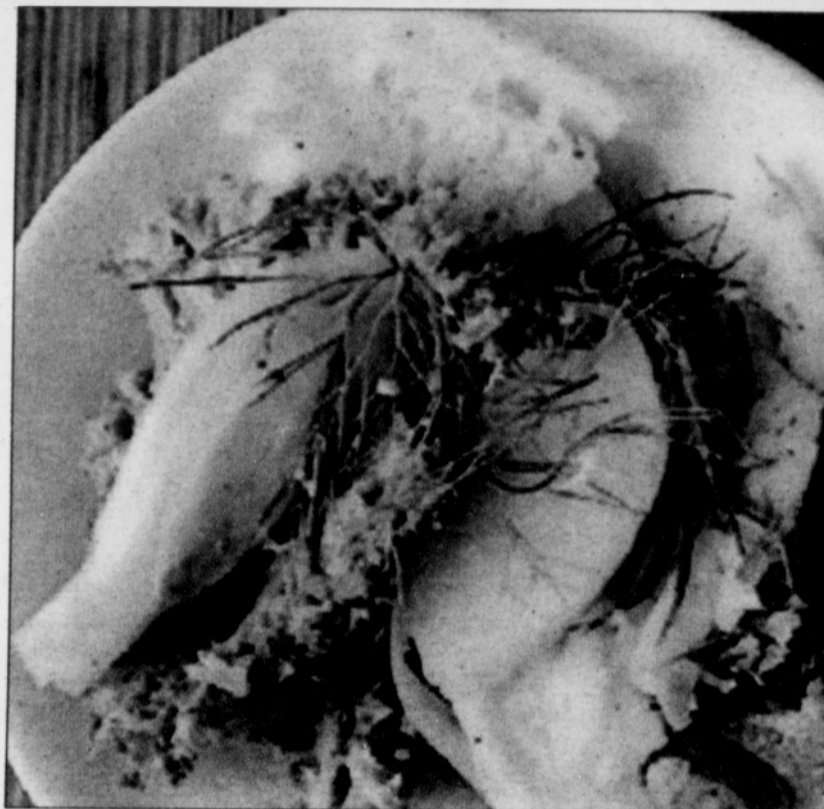
## Fennel and Orange Salad

**Ingredients:**

- 1/4 baguette, very thinly sliced
- 1 teaspoon finely grated lemon zest
- 1 teaspoon finely grated orange zest
- 1 teaspoon finely grated peeled ginger
- 2 navel oranges
- 1 fennel bulb, trimmed, very thinly sliced, plus 1/4 cup fennel fronds
- 4 ounces mustard greens, center ribs and stems removed, leaves torn into bite-size pieces (about 4 cups)

**Preparation:**

1. Preheat oven to 375°F. Place baguette slices on a rimmed baking sheet and toast, 8-10 minutes. Let cool and break into pieces. Meanwhile make dressing (as shown below).
2. Using a sharp knife, cut all peel and white pith from oranges; discard. Working over bowl with dressing, cut between membranes to release segments into bowl; discard membranes. Add fennel, fennel fronds, lemon zest, orange zest, peeled grated ginger, mustard greens, and croutons to bowl; toss to combine.



## Lemon-Ginger Vinaigrette Dressing

BY PAUL A. NEUFELDT

*Ginger, along with the added flavors of cyan and basil, give your salads a perfect zesty taste. Use with the Fennel salad above or with any simple tossed salad. Also makes a great marinade. Original recipe makes 1 1/2 cups.*

**Ingredients:**

- 1/2 cup apple cider vinegar (or Kombucha vinegar)
- 1/2 cup olive oil
- 1/3 cup honey
- 1 tablespoon basil
- 2 tablespoons lemon juice
- 1 teaspoon lemon pepper
- 2 teaspoons powdered ginger
- 1/2 teaspoon cyan pepper
- 1 clove garlic
- 2 tablespoons chopped white onion

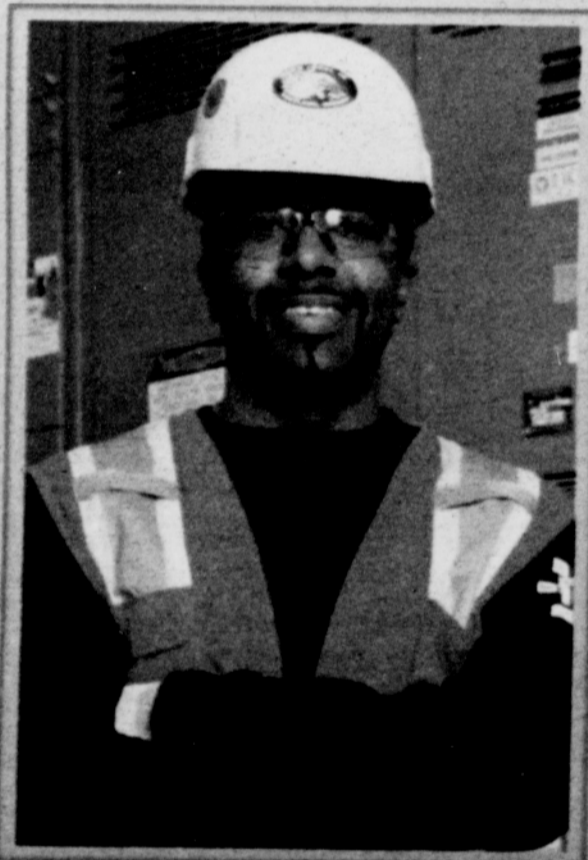
**Directions:**

1. Blend the vinegar, honey, basil, lemon juice, lemon pepper, powdered ginger, powdered cyan, garlic, and onion together in a blender until thoroughly mixed.
2. Drizzle the olive oil into the mixture while blending on low. Chill at least 1 hour before serving.

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