

## **Arugula, Fennel and Parmesan Salad**

**SOURCE: Cooking Light, DECEMBER 2002**

You can prepare the dressing + chop the fennel and onions ahead - just keep the components separate till ready to serve.

### **INGREDIENTS:**

3 TBS fresh lemon juice  
2 tsp sugar  
1 tsp olive oil  
1/2 tsp salt  
1/4 tsp black pepper  
4 C thinly sliced fennel bulb (about 2 bulbs)  
1 C thinly sliced red onion  
8 C trimmed arugula  
1/2 C (2 oz) shaved fresh Parmesan cheese

### **DIRECTIONS:**

Combine first 5 ingredients in small bowl, stirring with whisk. Combine fennel + onion in large bowl - drizzle with dressing, tossing gently to coat. Arrange 1 C arugula on each of 8 plates - top each serving with about 3/4 C fennel mixture + 1 TBS Parmesan.

Yield: 8 servings

**NUTRITION PER SERVING: CALORIES 62 (38% from fat); FAT 2.6g (sat 1.3g, mono 1g, poly 0.2g);  
PROTEIN 3.8g; CARB 7g; FIBER 2g; CHOL 5mg; IRON 0.7mg; SODIUM 289mg; CALC 141mg**