

ARUGULA & MINT SALAD

Source: Food & Wine March 2002 (Joyce June)

INGREDIENTS:

1/4 tsp fennel seeds
1 TBS red wine vinegar
1/2 TBS Dijon mustard
Kosher salt & freshly ground pepper
2 TBS extra-virgin olive oil
4 C curly green-leafed lettuce
4 C young arugula leaves
20 mint leaves

DIRECTIONS:

In mortar or spice grinder, coarsely grind fennel seeds. In small bowl, whisk ground fennel with red wine vinegar & mustard + season with salt & pepper. Gradually add olive oil, whisking till dressing is emulsified. In a bowl, toss lettuce & arugula + mint. Add the dressing & season with salt & pepper. Toss well & serve.

Serves: 4