



Caramelized Fennel 'n White Bean Salad

Serve this simple, hearty white bean salad warm or chilled

Cooking Fennel

- 1 Tablespoon olive oil
- 1 fennel bulb, sliced thin, lengthwise

Lemon and Crispy Garlic Vinaigrette

- 1 Tablespoons olive oil
- 1 garlic clove, minced
- 1/2 teaspoon (each) fine sea salt; ground black pepper
- 1/2 teaspoon dried oregano
- 1 Tablespoon lemon juice

Salad

- 1 (15 oz.) can Great Northern beans, rinsed and drained
- 2 ounces mixed spring greens
- 1/4 cup shaved Parmesan cheese

Garnish: Fine chop fennel fronds as desired

1. Heat a medium sauté pan over medium heat. When hot, add the oil and sliced fennel and cook, stirring, until lightly browned around the edges 5 to 10 minutes. Transfer to a large bowl to cool.
2. **For the dressing**, return the same pan to medium heat and add the oil. When hot, add the garlic, it will sizzle when it hits the oil. Let simmer until light fragrant smell and garlic is lightly browned about 1 minute. Turn off the stove; add the salt, pepper, and oregano; mix. Let cool for 5 minutes. Add the lemon juice and mix.
3. Add the beans and dressing to the fennel in the large bowl and mix. Add the spring greens and gently stir a couple of times to incorporate. Top with the shaved Parmesan and serve warm or chilled. Yield: Serves 4

Cook's Note: Other types of white beans can be substituted for the Northern Beans. We used spring mixed lettuce greens and chopped some of the fennel fronds as garnish.

Recipe Inspired by: Vasudha Viswanath; *The Vegetarian Reset*, The Collective Book Studio, 2023, *White Bean and Fennel Salad*, p. 96.

Note from Vasudha: For Vegans

Use nutritional yeast instead of the Parmesan or simply skip the cheese

About the Recipe: Caramelizing the fennel slices and sautéing the garlic add a tasty flavor to the salad. Toss with your favorite greens, drained white beans, and mix with a light lemon juice dressing. This is a very easy recipe to prepare and delicious to serve with any Italian meal.