



Left with Leaves Salad Cilantro, Parsley, Fennel & Apples

INGREDIENTS

1 bunch Cilantro leaves (approx. 2 c), whole leaves, remove woody stems
1 bunch Parsley leaves (approx. 2.5 c), whole leaves, remove stems
1/2 Red onion, thinly sliced
2 Apples, thinly sliced (I used Red Delicious, Green Granny)
1 bulb Fennel (approx. 2 c), thinly sliced
Fennel fronds

Dressing

zest of whole lemon
1/4 c lemon juice
2 T lime juice
1 T mustard (I like spicy brown)
1/2 t salt
1/8 t pepper
1/2 c olive oil
crushed garlic, optional

INSTRUCTIONS

1. Pick off the leaves of each of the cilantro and parsley, trying not to include the stems. Then rinse them in cold water and dry them completely.
2. Shave the fennel fronds and chop them. Then thinly slice the fennel bulb.
3. Thinly slice the onions, and then cut them into smaller pieces. Not minced, just in thirds.
3. Thinly slice both apples. Create a lemon water mixture to help preserve the apples for 15-30 minutes. If you need to preserve them for longer than, squeeze lemon on them, and take a look at this link (<https://www.seriousseats.com/2015/09/how-to-prevent-apple-pear-browning.html>) for other methods.
4. Make the dressing by whisking all the ingredients together. Dress the salad right before serving.

This is great for a fresh dinner salad. Even greater on a brunch menu. The uses are endless.