

Roasted Fennel Salad with Lemon Tahini Dressing

Tip: For best results, make the Lemon-Tahini Dressing in advance to give the flavors a chance to mingle. If you are short on time, the dressing can also be prepared while the vegetables are roasting.

Lemon-Tahini Dressing:

- 3 T. tahini
- 3 T. hot water
- 3 T. fresh lemon juice
- 1 T. preserved lemon rind, rinsed and chopped
- 2 T. extra virgin olive oil
- 1 large clove garlic, peeled
- ¼ t. ground cumin
- Dash cayenne pepper
- Sea salt and black pepper, to taste

Salad Ingredients:

- 1 large fennel bulb
- 1 large red onion
- 2 T. extra virgin olive oil
- 2 T. balsamic vinegar
- Salt and black pepper, to taste
- 3 T. fresh thyme leaves
- 2 c. arugula, washed and patted dry
- 2 c. baby spinach, washed and patted dry
- 3 medium ripe figs, cut half, then sliced

Directions:

1. Prepare dressing by combining ingredients in a blender or food processor. Blend until smooth, scraping the sides with a spatula to ensure the tahini is thoroughly incorporated. Taste and adjust seasonings, as desired. Set aside.
2. Preheat oven to 425°F degrees and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat. Set aside.



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Prep time: 15 minutes
Cook time: 30-35 minutes
Serves: 4

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Directions (continued):

3. Remove the stems and bottom from the fennel bulb, then cut into ½" thick slices from top to bottom. Place slices in a large bowl and reserve the fronds for garnish, if desired. Set aside.
4. Remove ends and outer skin of red onion. Cut in half from root to stem and then cut each half into ½" thick slices. Place half-round slices into bowl with fennel.
5. Add olive oil and balsamic vinegar to bowl and season with salt and black pepper, to taste. Gently toss until the fennel and red onion is evenly coated.
6. Transfer vegetables to prepared baking sheet and arrange in a single layer without overcrowding. Sprinkle with fresh thyme leaves and place in pre-heated oven. Roast for 30-35 minutes, turning once. Once vegetables are golden brown, remove from oven and set aside.
7. Place arugula and spinach in a large bowl and add 3 tablespoons of lemon-tahini dressing and toss to combine. Arrange greens on serving platter and top with roasted fennel, red onion, and fresh fig slices. Garnish with fennel fronds, if desired.
8. To serve, drizzle additional dressing on top, if desired, and pass the remaining amount for those who prefer more. Enjoy!

"People who love to eat
are always the best
people."

~ Julia Child

