

Fenuel, Dried Cherries, Walnuts and Roquefort Salad

PREP/COOK TIME: 45 minutes SERVINGS: 8

INGREDIENTS

- 2 teaspoons honey
- 3 tablespoons red wine vinegar
- ½ cup dried sweetened cherries or cranberries
- 3 tablespoons extra-virgin olive oil
- · Salt and pepper
- 1 small fennel bulb, trimmed, or stalks and sliced very thin, about 1.5 cups
- 1 small head red or green leaf lettuce, washed, dried and torn into bite-size pieces, about 7 cups
- 1 small head radicchio, quartered, cored and cut crosswise into 1/8 inch-wide strips, about 3 cups
- ½ cup chopped walnuts, toasted in medium skillet over medium heat until fragrant, about 4 minutes
- 6 ounces Roquefort, crumbled, about 1.5 cups

NUTRITION INFORMATION

Each serving contains 221 calories; 13 g carbohydrates; 17 g fat; and 407 mg sodium.

INSTRUCTIONS

Whisk honey and vinegar in medium microwave-safe bowl; stir in cherries. Cover with plastic wrap, cut several steam vents in plastic and microwave on high until cherries are plump, about 1 minute. Wisk in oil, ½ teaspoon salt and 1/8 teaspoon pepper. While mixture is still warm, add sliced fennel bulb and toss to combine. Let cool to room temperature.

Toss lettuce and dried cherry/fennel mixture in large bowl; adjust seasonings with salt and pepper. Divide salad among individual plates; top each portion with nuts and Roquefort. Serve immediately.

Source: Cook's Illustrated
Find more recipes at shine365.marshfieldclinic.org

