



BLUEBERRY, FENNEL, & RADICCHIO ARUGULA SALAD WITH FRESH HERB VINAIGRETTE

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

For the vinaigrette:

3 tablespoons white balsamic vinegar
1 tablespoon honey*
1 tablespoon chopped mint*
1 teaspoon chopped thyme*
½ teaspoon chopped rosemary*
½ teaspoon sea salt
Pinch black pepper
½ cup extra virgin olive oil

For the salad:

½ pint blueberries*, washed, stem removed
and thinly sliced
1 head fennel*, thinly sliced
½ head radicchio*, thinly sliced
½ small red onion*, cut into 1/8-inch slices
2 bunches arugula* (about 1 pound) washed
well, trimmed and cut into bite-sized pieces
4 ounces feta cheese*, crumbled

Procedure:

1. For the vinaigrette, whisk together white balsamic vinegar, honey, mint, thyme, and rosemary. sea salt, and black pepper. Slowly stream in olive oil while whisking. Set aside.
2. Combine blueberries, fennel, radicchio, onion, and arugula in a bowl; toss with vinaigrette and feta; serve.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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