



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

FENNEL, GRAPE, & RADICCHIO SALAD WITH CHAMPAGNE VINAIGRETTE

Recipe by Natural Gourmet Institute

SERVES 4-6

Ingredients:

1 radicchio*, thinly shredded
1 pint grapes*, cut in half lengthwise
2 celery ribs*, thinly sliced
1 large fennel* bulbs, cored and thinly sliced
¼ cup pecans, lightly toasted and coarsely chopped, optional
Shaved parmesan-style cheese*, optional

For the Vinaigrette:

2 tablespoons champagne vinegar
1 small shallot*, minced
1 tablespoon maple syrup*
1 teaspoon Dijon mustard
1 tablespoon chopped thyme* leaves
½ teaspoon sea salt
Pinch black pepper
¼ cup extra virgin olive oil

Directions:

1. In a large bowl, combine radicchio, grapes, celery, and fennel. Set aside.
2. In a separate bowl, whisk together champagne vinegar, shallot, maple syrup, mustard, thyme, salt and pepper. While continually whisking, slowly stream in olive oil.
3. Toss salad with vinaigrette. Sprinkle with pecans and top with shaved cheese.
4. **Make It A Meal: Serve with seared scallops and polenta.**

****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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