



## Fennel, Radicchio & Grapefruit Salad

4 servings

25 minutes

### Ingredients

- 1 bulb Fennel (cored and thinly sliced)
- 3 cups Radicchio (thinly sliced)
- 2 tbsps Shallot (thinly sliced)
- 2 tbsps Grapefruit Juice
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/8 tsp Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup Mint Leaves (thinly sliced)
- 1/3 cup Hazelnuts (toasted and chopped)

### Nutrition

Amount per serving	
Calories	269
Fat	21g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	15g
Carbs	21g
Fiber	5g
Sugar	14g
Protein	4g

### Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

### Notes

**No Radicchio:** Use endive or romaine lettuce instead.

**No Grapefruit:** Use navel orange instead.

**No Honey:** Use maple syrup instead.