



# INSTITUTE FOR PEAK HEALTH

418 N. Loop 1604 W.  
San Antonio, TX 78232  
Phone: 210-595-1205  
admin@i4peakhealth.com

## Fennel and Orange Salad

Recipe by Alex Guarnaschelli

### Ingredients:

- 3 medium fennel bulbs
- 2 tbsp avocado oil
- 2 tsp kosher salt
- ½ tsp crushed red pepper flakes
- 1 cup dry white wine
- ½ cup walnut halves, toasted and coarsely chopped
- Grated zest and juice of 1 lemon
- 2 tsp kosher salt
- 2 tbsp avocado oil
- 2 medium navel oranges, sectioned
- 1 cup arugula leaves

### Instructions:

1. First, prepare the fennel. If the outer layer of any of the bulbs are bruised or dried out, remove and discard that layer. Cut the bulbs in half lengthwise and then cut each half into 3 equal wedges so they look like sections of an orange.
  2. Heat a large sauté pan over medium heat and add the avocado oil. Add the fennel in a single layer in the pan and season with salt and red pepper flakes. Cook, undisturbed, until the fennel turns light brown on the first side, 3-5 minutes. Use tongs to turn the fennel wedges over and cook for another 3-5 minutes. When browned on both sides, remove the pan from the heat and add the white wine. Return the pan to low heat and let simmer until all of the wine has reduced, about 5-8 minutes. Check for doneness by inserting a sharp knife, the fennel should be tender. If not yet tender, add ½ cup water and simmer again until the water evaporates. Ideally, there should be very little liquid left in the pan. Set aside the fennel to cool.
  3. Make the pesto. In a small bowl, whisk together the walnuts, lemon zest, juice, salt, and oil. Taste for seasoning.
  4. Transfer the fennel to a serving bowl and toss with walnut pesto. Gently mix in orange sections and arugula. Taste for seasoning.
  5. Serve immediately.
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