

# Softened Fennel, Grapefruit And Parsley Salad

This tart and fresh-tasting salad is perfect on its own or paired with some simply cut crisp romaine lettuce.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 45 mins

Category: Salads and dressings

Complexity: Progressive

Vegan experience: Moderate

Preparation style: Raw

## Ingredients

Fennel bulb, raw	2 cups
Cold pressed extra virgin olive oil	1 x 1 tbsp
Lemon juice, fresh	2 teaspoons
Agave, raw	10 grams
Fine sea salt	2 x 1/4 tsp
Lettuce, romaine or cos	1 head
Grapefruit, fresh, pink or red	0.5 cup
Parsley, fresh	0.5 cup

## Instructions

### Prep

1. This recipe calls for shaved fennel from about 1 large or 2 small bulbs (To shave fennel, slice the bulb lengthwise through the middle, remove the core and green fronds from the top, and using a mandolin slice fennel approximately 1/4 inch thick)
2. If using romaine lettuce, make sure it is coarsely chopped
3. This recipe calls for grapefruit segments (To segment a grapefruit, place it on a cutting board and remove a bit of skin from the top and bottom to create a flat surface, which will reveal the thickness of the pith. Using a sharp knife in a downward motion, remove the skin and the pith. Shave off any remaining bits of pith, then take a small knife and cut in between the half-moon segments of fruit, one at a time. Ease out each segment with your knife until half a cup's worth has been removed)
4. This recipe calls for chopped parsley leaves

## Directions

1. In a bowl, toss fennel, olive oil, lemon juice, agave nectar and salt. Spread evenly over a non-stick dehydrator sheet and dehydrate at 105 degrees F (41 degrees C) for 45 minutes or until slightly softened.
2. If using, line a serving bowl or deep platter with romaine lettuce. Add fennel, making sure to include any liquids from the dehydrator tray.
3. Add grapefruit and parsley and toss to coat

## Variations

1. Substitute equal quantity of cold-pressed flax oil or cold-pressed pumpkin seed oil for the cold-pressed olive oil
2. Substitute equal quantity of orange segments for the grapefruit segments