VERONICA'S FENNEL SALAD
From the Family Garden's Children's Gardening Program:
Crafters – Summer 2015
Serves 4

Ingredients
3 green apples, diced
2 fennel bulbs, diced
Various lettuce leaves, torn into small pieces
2 tablespoons 365 Everyday Value® Roasted and Salted Sunflower Seeds
Dill, optional

The Dressing
1 tablespoon soybean paste
1/2 cup 365 Everyday Value® Organic Extra Virgin Italian Olive Oil
2–3 lemons, freshly squeezed
2 tablespoons 365 Everyday Value® Organic Light Amber Mountain Forest Honey

Instructions
Wash, peel, and dice the fruit and vegetables. In a large bowl, mix together. In a jar with a lid, add the lemon juice, olive oil, soybean paste, honey; shake well. Pour the dressing over the salad; garnish with the sunflower seeds.

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