

Savory Living Recipe - Roasted Fennel, Chickpea and Feta Salad with an Orange Vinaigrette

Fennel pairs beautifully with orange, mint and feta cheese - Yum!

This salad can be prepared with raw fennel - sliced paper thin, or roasted. Try out both and see which you prefer!

Serves 4

1 bulb of fennel (separate bulb from the tops and fronds and slice it into thick pieces)
olive oil
salt and pepper
2 - 15 oz cans of chickpeas (BPA free) - rinsed and drained
1/4 cup finely diced shallots
Fresh mint leaves torn into small pieces
Chopped fresh parsley
Feta cheese (crumbled into small pieces)
Toasted pumpkin seeds (optional)

Vinaigrette

1/4 cup fresh squeezed juice from an orange
1/2 cup olive oil
1 1/2 garlic cloves, finely diced
1 tsp honey
1/2 tsp ground cumin
1 tsp dijon mustard
salt and pepper
dash of cayenne (if desired)

Preheat oven to 400 degrees.

- Toss fennel pieces with olive oil and salt and pepper. Spread on a baking sheet. Roast for 30 minutes, check at 15 minutes and move them around to cook and brown evenly.
- Add beans, shallots, mint, parsley and feta cheese to a large bowl.
- Add vinaigrette ingredients together and mix well.
- Add vinaigrette to bean mixture.
- Let cooked fennel cool and then dice into finer pieces and mix with salad.
- Sprinkle toasted pumpkin seeds on top, taste and adjust seasonings and serve!