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Oakhurst, NJ 732.663.0222	Marlboro, NJ 732.536.2027	Brooklyn, NY 718.998.8898	Cedarhurst, NY 516.569.6400
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ARUGULA, FENNEL & PARMESAN SALAD	Intermediate Lifestyle
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Ingredients

- 3 TBS fresh lemon juice
- 2 TSP Splenda
- 1 TSP olive oil
- ½ TSP salt
- ¼ TSP black pepper
- 4 cups thinly sliced fennel bulb (about 2 bulbs)
- 1 cup thinly sliced red onion
- 8 cups trimmed arugula
- ½ cup (2 ounces) shaved fresh Parmesan cheese

Instructions

1. Combine first 5 ingredients in a small bowl, stirring with a whisk. Combine fennel and onion in a large bowl; drizzle with dressing, tossing gently to coat.
2. Arrange 1 cup arugula on each of 8 plates. Top each serving with about ¾ cup fennel mixture and 1 TBS cheese.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1 cup arugula, ¾ cup fennel mixture, 1 TBS cheese = 2 V, ¼ M