



# Kale and Shaved Fennel Salad

Prep: 30 minutes | Cook: 0 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: ~2 cups

## Ingredients

- 4 tablespoons ( $\frac{1}{4}$  cup) lemon juice (about 1 medium lemon), divided
- $\frac{1}{4}$  cup extra-virgin olive oil
- 2 tablespoons honey or maple syrup
- 1 teaspoon Dijon mustard
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 medium fennel bulb, stalks removed
- 1 large bunch or 2 medium bunches kale (about 14-16 ounces in total)
- 1 ripe firm pear
- 12 tablespoons ( $\frac{3}{4}$  cup) crumbled blue cheese, divided
- 12 tablespoons ( $\frac{3}{4}$  cup) chopped toasted walnuts, divided

## Recipe Notes

- A different crumbly cheese such as feta, gorgonzola, or goat cheese can be substituted for the blue cheese.
- Substitute apple for the pear if desired.

## Directions

1. In a large mixing or serving bowl, add 2 tablespoons of lemon juice, oil, honey or maple syrup, mustard, salt, and black pepper and whisk well to create a dressing. Set aside.
2. Cut the fennel bulb into quarters lengthwise and remove the core from each piece. Cut each quarter into thin slices, with a knife or a slicing tool (e.g. box grater, mandoline).
3. In a medium mixing bowl, toss the shaved fennel with the remaining 2 tablespoons of lemon juice. Set aside.
4. Remove the large stems from the kale and cut or tear into bite-sized pieces. Add to the bowl with the dressing. Using clean hands, toss and massage the kale with the dressing.
5. Cut the pear in half lengthwise and scrape out the core with the tip of a spoon. Cut each half lengthwise into thin slices.
6. Add the pear and fennel to the bowl with the kale and toss to combine.
7. Serve, topping each serving with 2 tablespoons of the blue cheese and 2 tablespoons of the walnuts.

**Nutrition Facts Per Serving: Calories: 325 | Total Fat: 23.5 g | Saturated Fat: 5 g  
Sodium: 400 mg | Total Carbohydrate: 22.5 g | Dietary Fiber: 4 g | Protein: 10 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs