

Diabetes-Friendly Thanksgiving Recipe

Apple & Fennel Salad with Cranberries & Walnuts

12 SERVINGS • SERVING SIZE: 1 CUP • PREPARATION TIME: 20 MINUTES

SALAD

- 2 medium Braeburn apples, unpeeled (about 6 ounces each)
- 2 teaspoons fresh lemon juice
- 1 large fennel bulb
- ½ medium red onion, very thinly sliced
- 4 cups baby arugula, washed and dried

DRESSING

- 2 tablespoons cider vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 2 teaspoons coarse Dijon mustard
- 1 garlic clove, finely minced
- ⅓ cup walnut oil
- Sea salt and freshly ground black pepper to taste

GARNISHES

- ¼ cup dried cranberries
- ¼ cup crumbled gorgonzola cheese
- ¼ cup toasted walnut pieces



► **Core and quarter the apples.** Slice the apples into thin pieces, and add to a bowl. Sprinkle with the 2 teaspoons lemon juice, and toss to coat. Set aside.

► **Prepare the fennel.** Cut off the stalks and fronds (the leafy part) from the fennel bulb. (Save the stalks to flavor a homemade soup if desired.) Chop 2 teaspoons of the fennel fronds, and reserve for the dressing. (The remaining fronds can be saved for a few days in an airtight container.) Trim the base of the fennel bulb. If the outer layer of the bulb appears to be dry and tough, remove it and discard. With a sharp knife, cut the remaining bulb into julienned pieces. Add the fennel to the apples. Add the red onion and toss.

► **Prepare the dressing.** In a small bowl, whisk together the cider vinegar, lemon juice, honey, mustard, garlic, and the reserved 2 teaspoons of chopped fennel fronds. Slowly add the oil in a thin stream, whisking it in until the dressing is emulsified. Season the dressing with salt and pepper.

► **Add the arugula to a large bowl.** Add in half of the dressing and toss well (using tongs helps distribute the dressing). Pile the arugula on a large platter. Add the remaining dressing to the apple-fennel mixture. Put the salad on top of the arugula.

► **Garnish the salad with the cranberries, cheese and walnuts.** To toast walnuts: add the walnuts to a small, dry skillet. Toast them over medium heat for 3 to 4 minutes, just until fragrant. Make sure the nuts do not burn.

Per serving: fruit exchanges, 0.5; fat exchanges, 2; calories, 115; calories from fat, 80; total fat, 9 g; saturated fat 1.2 g; trans fat, 0 g; cholesterol, 0 mg; sodium, 70 mg; potassium, 140 mg; phosphorus, 35 mg; total carbohydrate, 10 g; dietary fiber, 2 g, sugars, 7 g; protein, 2 g

Recipe from forecast.diabetes.org/recipes.

