
Autumn Greens Salad, with an Orange - Cumin Vinaigrette

6 Cups greens in season, such as spinach, arugula, radicchio, leaf lettuce. About 1 lb. total

1 large fennel bulb, trimmed, thinly sliced

6 ounces Everona Dairy aged sheep's milk cheese, shaved

Tear the lettuce and greens into bite sized pieces. Wash and dry the greens, then put them in a salad bowl. Slice the fennel paper thin on a mandolin, add to the greens, mix. Shave curls of the cheese over each plate of the salad. Dress right before serving with orange - cumin vinaigrette.

Orange - Cumin Vinaigrette

2/3 Cup fresh orange juice

2 shallots, minced

2 Tablespoons fresh lemon juice

1 Tablespoon organic orange zest, chopped

1½ teaspoons ground cumin

¾ Cup grapeseed oil

Salt and cayenne pepper

Whisk the orange juice, shallots, lemon juice and cumin together, to blend. Add oil and whisk until well blended. Season with salt and cayenne pepper to taste.

Serves 6

Recipe courtesy of Sarah Lanzman, Chef, Certified Health Coach

434 990-1711 / sarah@blisspointfarm.com

"Delicious food never healed so good."