

Spring Salad: Fennel and Dandelion Leaf Recipe

Ingredients

- 4-5 oz. dandelion leaves (about 4 cups, packed)
- ½ fennel bulb
- 1 medium shallot
- 1 clove garlic, minced
- 1 tsp. whole grain mustard
- ¼ cup olive oil
- Juice of one lemon
- 1 tbsp. nutritional yeast
- Salt and pepper, to taste

Steps

1. Thoroughly wash the dandelion leaves, taking a few minutes to pick through and remove any stems or grass that might have gotten mixed in. Place on a clean kitchen towel and pat dry. If your leaves are large, cut or tear them roughly into bite-sized pieces. Cut the shallot and fennel into thin slices. If you do have fennel fronds, you can also finely chop a few sprigs to add, but they are not necessary.
2. In a large mixing bowl, combine the minced garlic, mustard, olive oil, lemon juice, nutritional yeast, and some salt and pepper. Whisk well to combine. Add the dandelion leaves, fennel, and shallots. Toss to combine, so all the leaves are coated in the dressing.

