

Sicilian Orange Salad

We have been served this delightful salad multiple times in Sicily. It is very refreshing on a hot day. Depending upon who is making it, fennel is optional, sometimes the onion is white and sometimes red, but it always has the orange wedges, parsley, and olive oil. Some serve it with a dusting of breadcrumbs—although I like it better with pistachio crumbs instead of breadcrumbs, both for the flavor and the lower glycemic load.

Prep Time: 20 Minutes

Serves: Four

Salad

- 4 medium-large oranges, peel and cut into bite-sized wedges
- 1 small red onion, sliced thinly
- 1 medium-small fennel bulb, chopped into small pieces
- 2 tablespoons Italian parsley, chopped finely

Dressing

- 4 tablespoons extra-virgin olive oil
- ¼ teaspoon sea salt
- 1 teaspoon honey

Garnish

- 1 teaspoon pistachio crumbs (finely chopped pistachios)

Directions:

Add salad ingredients to a serving salad bowl.

Wisk vinaigrette dressing ingredients and toss with the salad.

Add salad to serving plates.

Garnish with pistachio crumbs.

Enjoy! 😊

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