

# Arugula Salad with Red Grapes, Fennel, Parmesan, Pecans and Apricot Dressing

Phyllis Carey cooking class, Feb. 2011



## DRESSING:

- 1/4 cup apricot jam
- 1/2 cup white wine vinegar
- 1/2 cup extra virgin olive oil
- 2 tablespoons shallots, minced
- Salt and pepper to taste

## SALAD:

- 1 cup fennel, cored, trimmed, sliced very thin
- 1/4 cup fennel fronds
- 5 ounces arugula leaves, or baby spinach
- 1 cup red grapes, seedless, halved
- 3/4 cup Parmigiano-Reggiano cheese, shaved (or blue cheese if preferred)
- 1/2 cup pecans, toasted

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

*The dressing quantity is likely more than you'll need, but it will be great with any other kind of green salad. So, the nutrition count on this recipe is high.*

1. DRESSING: Whisk jam, vinegar, oil, shallots and salt and pepper in a bowl.
2. Place fennel slices in the salad bowl and pour a bit of the dressing over and allow to sit for 15 minutes.
3. When ready to serve the salad, add the arugula, fennel fronds and halved grapes (do NOT serve this with whole grapes - they'll escape for sure). Toss and season with salt and pepper to taste. Divide salad amongst serving plates and top with toasted pecans and Parmesan shards.

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Per Serving (excluding unknown items): 400 Calories; 32g Fat (69.4% calories from fat); 12g Protein; 19g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 Fat; 1/2 Other Carbohydrates.