

## ***Radish-Cucumber-Fennel Salad\**** ***with Lemon Vinaigrette***

### **Dressing:**

2 large lemons, zest and juice (use 1 to 2 teaspoons zest and 1/3 cup juice)  
1/3 cup grape seed oil (or olive oil)  
1 Tablespoon sugar (optional)  
Salt and freshly ground pepper, to taste

In a small jar or bowl, combine ingredients; shake or stir to combine. Use immediately or refrigerate. Lemon flavor is freshest if used immediately.

### **Salad:**

1 bunch Red Globe Radishes, sliced or finely chopped  
2 large cucumbers, (or 6 small Persian cucumbers), seeded and sliced  
1 large fennel, trimmed and sliced, (use bulb and 1/4 cup leafy fronds)  
¼ bunch flat-leaf parsley, finely chop leaves and stems  
Salt and freshly ground pepper, to taste

In a large bowl, combine radishes, cucumbers, fennel and parsley. Add salt and pepper; toss. Shake or stir dressing, pour over and gently toss salad. \*Add dressing immediately before serving, or cucumbers will become soggy.

**Serves:** about 8 salad courses, or 6 main dishes, topped with grilled steak, fish or chicken.

### ***Variation I:***

Substitute two cubed mangoes for radishes. Easy technique to cube: hold mango upright with the heavier end on a thick dishtowel. Slice down each side of the mango pit. Do not peel. Score mango flesh deeply, cutting to form cubes. Bend skin back so cubes pop forward. Cut along edge of peel to slice off cubes.

### ***Variation II:***

Prepare cucumber and fennel salad, deleting radishes. The lemon vinaigrette dressing creates a refreshing salad year-round.

**Cook's Guide:** Lemons with pointed ends are thick-skinned and yield less juice. Lemons with rounded ends are thinner skinned and provide more flesh, and more juice. Zest is grated from the thin yellow skin. Rind is the bitter white layer. Fragrant lemon oil is released from the skin. Lemons are most flavorful when freshly cut.