

Fresh Mediterranean Salad



Recipe courtesy of Maple Ridge Farms

Ingredients

Vinaigrette:

- 3 tablespoons red wine vinegar
- 2 tablespoons water
- 1 teaspoon dried oregano
- 1 teaspoon freshly ground black pepper
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 2 garlic cloves, chopped
- 3 tablespoons extra-virgin olive oil

Salad:

- 2 cups sliced fennel bulb (about 1 medium)
- 1 1/2 cups thinly sliced red onion
- 1 cup pitted ripe olives, halved
- 3/4 cup chopped fresh flat-leaf parsley
- 1/2 cup (2 ounces) crumbled feta cheese
- 1 (15.5-ounce) can cannellini beans, rinsed and drained
- 6 plum tomatoes, quartered
- 2 tablespoons Maple Ridge Farms Mediterranean Spiced Almonds

Directions:

To prepare vinaigrette, combine first 7 ingredients in a small bowl. Gradually add oil, stirring with a whisk until blended.

To prepare salad, combine fennel and the next 6 ingredients in a large bowl. Drizzle vinaigrette over salad, tossing until well combined. Sprinkle with Mediterranean Almonds.

Cover and chill at least 1 hour.