



APPLE FENNEL SALAD WITH QUINOA

WITH JESSE LANE LEE
@jesselwellness

Fall in love with fennel and learn how to
make perfect fluffy quinoa every time!



APPLE FENNEL SALAD WITH QUINOA

Ingredients

Quinoa

- 1/2 cup quinoa
- 1 cup water

Apple Cider Vinaigrette

- 1/3 cup apple cider vinegar
- 1/3 cup extra virgin olive oil
- 2 tsp maple syrup
- ¼ tsp salt and pepper

Apple Fennel Salad

- 8 cups mixed salad greens
- 1/2 fennel bulb, 1 cup finely sliced
- 2 apples, sliced
- 1 cup pumpkin seeds
- 1/2 cup chopped fennel fronds

Directions

To cook the quinoa, bring water to boil in a large pot. Add quinoa and bring back to a boil. Reduce heat to simmer for 10 minutes, fluff and let sit for 5 minutes.

Make the dressing by whisking together apple cider vinegar, olive oil, maple syrup, salt and pepper in the bottom of the salad bowl.

Add salad greens and quinoa and toss with the dressing. Top with fennel, apples and pumpkin seeds and fennel fronds.

PREPARATION: 15 MIN

COOK TIME: 15 MIN

SERVES: 1 MAIN OR 4 SIDES



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GROCERY LIST & EQUIPMENT

Grocery List

- 1 bag quinoa
- 1 bottle apple cider vinegar
- 1 bottle extra virgin olive oil
- 1 bottle maple syrup
- 1 bottle salt
- 1 bottle pepper
- 8 cups mixed salad greens
- 1 small fennel bulb
- 2 apples
- 1 bag pumpkin seeds

Equipment

- measuring spoons
- measuring cups
- knife
- cutting board
- medium pot
- salad bowl
- whisk

JESSE LANE LEE

Jesse Lane is a Holistic Nutritionist who is dedicated to educating others on how healthy eating can be fun, easy, and most of all delicious - because who wants to eat rabbit food!?

She is the author of four cookbooks, a contributor to Clean Eating Magazine, instructor at the Institute of Holistic Nutrition, and is a regular TV guest expert.

Jesse Lane's enthusiasm for healthy living is contagious. She loves playing in the kitchen and sharing her healthy recipes.



COOKBOOKS

Jesse Lane Lee is the author of four cookbooks that are available in print and digital format [on her website](#) and Amazon.

Healthy Homemade Soups and Sandwiches

Soup is a super inexpensive way to get more veggies and nutrients into your diet. It is packed with healing herbs that can reduce inflammation, ease digestion, and provide antioxidant support. Healthy Homemade Soups & Sandwiches contains over 30 holistically delicious recipes.



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