

Radicchio & Fennel Salad Recipe



The best thing about the alkaline diet really IS the food! You get to enjoy an abundance of delicious food – as much as you want – without any guilt and you feel great after every meal. In fact, these recipes taste so good, you'll feel like you're cheating!

This salad is a perfect example. Whether you make it as the main event or a side dish, it's full of delicious seasonal flavors and textures.

Most importantly, it delivers a ton of vitamins and minerals, plus fiber, healthy fats, and plant-based protein.

Not only that, the ingredients are hearty enough that you can save extra for leftovers and it tastes just as good on day 2.

Give it a try and let me know what you think over on [Facebook](#).

RADDICCHIO & FENNEL SALAD

INGREDIENTS SALAD [Serves 4]

1 large bulb of fennel, thinly sliced
2 heads of radicchio, thinly sliced
1 can of garbanzo beans, drained and rinsed (I use Eden Organics)

INGREDIENTS DRESSING

3 tbsp. apple cider vinegar (can substitute with fresh organic lemon juice)
1 tbsp. gluten-free Tamari
½ cup extra virgin olive oil
1 garlic clove, minced

DIRECTIONS

Combine dressing ingredients and whisk. Mix ingredients and toss with the salad dressing. Enjoy!



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