



## ARUGULA, FENNEL AND AVOCADO SALAD

*(From How to Cook Italian by Giuliano Hazan)*

*Serves 4 people*

4 ounces arugula

1 large or 2 small fennel bulbs

1 ripe avocado

Salt

4-5 tablespoons extra virgin olive oil

3 tablespoons freshly squeezed lemon juice

2 ounces Parmigiano-Reggiano

1. Rinse and dry the arugula and remove any thick stems. Place it in a salad bowl.
2. Cut off the tops of the fennel where they meet the bulb and discard them. Pare any bruised parts from the bulb and remove a thin slice from the bottom. Cut the bulb in half lengthwise, then slice very thinly crosswise. Add to the arugula.
3. Cut the avocado in half lengthwise and twist it to separate it from the pit. Peel away the rind and cut the flesh into half moon slices. Add to the bowl.
4. Season with salt, enough olive oil to coat all the ingredients, and the lemon juice. Toss gently but thoroughly. Shave the Parmigiano-Reggiano using a vegetable peeler and sprinkle the shavings over the salad. Serve at once.