Bitter Greens, Fennel & Onion with Lemon

Serves 4

This simple salad tastes like Campania in every bite. Napoletana Manuela Barzan, of the Naples Chamber of Commerce, tells me: "We don't use vinegar on our salads in Campania, only lemon juice!" Marin County's Star Route Farms grows fabulous bitter greens just right for this lemony dressing.

- **1 head radicchio, leaves torn into bite-size pieces (or substitute any leafy bitter salad green)**
- **1 head treviso, cut or torn into bite-size pieces**
- **1 head frisee, cut or torn into bite-size pieces**
- **1 bulb fennel, very thinly sliced and tossed with a little lemon juice to keep it from browning**
- **½ red onion, very thinly sliced**
- **Juice of 1 lemon, or more to taste**
- **Sea salt and black pepper, to taste**
- **2 to 3 tablespoons extra virgin olive oil, or to taste**

Instructions: Arrange the greens in a bowl along with the fennel and onion, then toss with the lemon juice, salt and olive oil. Taste for seasoning and serve

Per serving: 114 calories, 2 g protein, 11 g carbohydrate, 7 g fat (1 g saturated), 0 cholesterol, 52 mg sodium, 4 g fiber.