

Fennel Root and Apple Slaw

2 large fennel bulbs
5 Gravenstein or Pippin apples
1 small red onion
2 cups plain yoghurt (unflavored)
Salt and pepper to taste

Shave fennel bulbs thin with either knife or mandolin. Chop remaining fronds. Shave red onion. Core and slice apples 1/8 in. thick.

Combine shaved fennel, onion, apples and ½ of fronds in a mixing bowl and toss with the yoghurt. Season with salt and pepper to taste.

Top with remaining fronds and serve immediately.

~~ by Patrick Callagy of Radio-Coteau.