

Arugula, Fennel, and Avocado Salad

6 cups trimmed arugula (about 4 ounces)
4 cups thinly sliced fennel bulb (about 2 small bulbs)
1 3/4 cups sliced peeled avocado (about 1 small)
1/3 cup fresh lemon juice
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt
2 tablespoons shaved Parmigiano-Reggiano cheese

Combine all ingredients except the cheese; toss gently to coat.
Divide the salad among 8 salad plates. Sprinkle the cheese evenly among salads.

Yield: 8 servings
Source: Cooking Light