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## Fennel, Orange, and Mint Salad

Inside: Give your skin, hair, and nails a welcome boost with this mineral-rich salad.

### ***You will need:***

1 bulb fennel  
1 navel orange  
1 tbsp olive oil  
Juice ¼ lemon  
½ bunch fresh mint

[sea salt](#)\*

[black pepper](#)\*

*\*Now That's A Mouthful uses and recommends products from [The Spice and Tea Exchange](#)®. In this Salad, for a delicious twist, try substituting [Pirates Bite Pepper Blend](#) for the black pepper.*

### ***To prepare:***

Trim the fennel bulb, cut into wafer-thin slices, and arrange on a serving plate. Using a sharp knife, peel the orange and cut into segments, removing the pith. Arrange the orange segments over the fennel slices and squeeze over any additional juice from the pith. Arrange the orange segments over the fennel slices and squeeze over any additional juice from the pith.

Mix the olive oil and lemon juice together and add salt and pepper to taste. Pour the dressing over the salad. Chop the mint leaves and sprinkle over the salad before serving,

