

Radish & Fennel Salad

1 green-leaf lettuce

1 small bunch red radishes, trimmed, cleaned, and thinly sliced

1 small bulb fennel, trimmed, cleaned, and thinly sliced crosswise

1 red onion, thinly sliced crosswise

Juice of 1 orange

1 tablespoon extra-virgin olive oil

1 tablespoon chopped fresh dill

Coarse salt and freshly ground pepper

Tear lettuce leaves into bite-size pieces, and place in a serving bowl with radishes, fennel, and red onion. Make the dressing: Whisk together orange juice, oil, and dill. Season with salt and pepper. Just before serving, drizzle dressing over salad, and toss.

Fish & Fennel

4 teaspoons extra-virgin olive oil

1 medium head fennel, trimmed, halved, and thinly sliced lengthwise

2 medium tomatoes, coarsely chopped

4 garlic, thinly sliced

Coarse salt and freshly ground pepper

4 lemon, skin removed

4 (6-ounce) skinless white fish fillets, such as halibut, striped bass or grouper, about 1 inch thick

In a medium skillet, combine 1/3 cup water and oil. Add the fennel, tomatoes, garlic, 1/2 teaspoon salt, lemon, and 1/4 teaspoon pepper. Cover, and cook, stirring occasionally, until tomatoes begin to fall apart, 5 to 7 minutes.

Season the fish with salt and pepper. Add to skillet with vegetables. Cover, and cook until opaque, 10 to 15 minutes. Serve immediately.