

# **Shaved Vegetable Salad with Maple Mustard Vinaigrette**

**Prep time:**

15 minutes

**Yields:**

4 people

**Ingredients:**

For the Salad

- 2 large zucchini
- 2 large yellow squash
- 2 carrots, peeled
- 1 bulb fennel, trimmed
- 2 cups baby arugula

For the Vinaigrette

- 1/4 cup extra-virgin olive oil
- 2 tablespoons maple syrup
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- Salt and pepper to taste

**Directions:**

Whisk together all vinaigrette ingredients in a medium bowl; set aside.

Shave (very thinly slice) the vegetables (except arugula), using a mandolin on a fine setting or a speed peeler. Place in a big mixing bowl.

Toss the vegetables in the dressing with the arugula, season to taste, and serve.