Soy Bean and Fennel Salad

The flavor of the fennel bulb makes this salad a deliciously refreshing addition to your Healthiest Way of Eating.

Prep and Cook Time: 15 minutes
4 cups or 2 15 oz cans of soy beans, rinsed
1-1/2 cups sliced fennel bulb
12 cherry tomatoes, quartered
4 TBS finely minced onion
2 cloves garlic, pressed
4 TBS fresh lemon juice
3 TBS chopped fresh parsley
3 TBS chopped walnuts
olive oil to taste
salt and pepper to taste

Mince onion and press garlic and let sit for 5 minutes to bring out their health-promoting properties.
Mix all ingredients together. This salad gets better as it sets, so if you have time, prepare it in advance.

Healthy Food Tip

Should I not use olive oil or any plant-based oil in a slow simmer marinara sauce or soup?

As you know, I avoid using oils in recipes that involve high temperatures. I think
that this is important in order to preserve the integrity of their fats (by reducing the potential for oxidation) and any antioxidants they may have. That's why I use the "Healthy Sauté" method, which uses broth instead of oil when sautéing.

Yet, in general, low temperatures (less than 212°F/100°C) are used during the slow simmering of sauces or soups. Therefore, I do think that it would be fine to use olive oil or other plant-based oils (except flaxseed oil, which has an extremely low smoke point) when making these dishes.

If you do choose to use oil during high heat cooking, I would suggest those with high smoke points. These would include high-oleic safflower oil (smoke point: 450°F, or 232°C), high-oleic sunflower oil (smoke point: 450°F, or 232°C), avocado oil (smoke point: 520°F, or 271°C), or refined coconut oil (smoke point: 450°F or 232°C). I prefer to purchase organic oils whenever possible.
Posting Disclaimer Notice:
This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I'm just saving some time for you to avoid searching everywhere. I'm not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.