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.

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Source: here

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.
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