



EDAM MADE FOR A NEW YEAR AND A NEW YOU

The festive season is now over and along with the turkey, mince pies and Christmas pudding you're likely to feel like you've overindulged this Christmas, with your fat intake at breaking point! At 25% less fat than cheddar, why not make an easy swap and add an Edam wedge to your New Year diet?

Original Edam wedge and ball makes a healthier cheese alternative for waist watchers. It is a great source of vitamins, protein and has 14% more calcium than cheddar making it perfect for all the family. Its delicate and mild flavour along with its versatility – it can be grated, melted and sliced - means it can be enjoyed as part of a delicious meal or as a snack.

Why not have a break from the hot, stodgy festive food and try something fresh and light - like this delicious Edam, Orange and Fennel Salad. Ideal for both adults and children, this tasty salad is a great way to get fruit into your diet and kick start the New Year without piling on those pounds.

EDAM, ORANGE AND FENNEL SALAD

Orange and fennel are a classic combination that is enhanced by the addition of Dutch Edam red wax ball and an orange and olive dressing. Perfect as a light lunch or summer meal.

Serves: 4

Preparation time: 15 minutes

- 2 large oranges
- 1 medium head of fennel
- 1 small red onion, thinly sliced
- 75g (3oz) mixed spinach, rocket and watercress leaves
- 150g (5oz) Edam wedge, cut into cubes

For the dressing:



15g (½oz) pitted black olives, finely chopped
15ml (1tbsp) freshly chopped flat leaf parsley
30ml (2tbsp) extra virgin olive oil
30ml (2tbsp) orange juice
5ml (1tsp) balsamic vinegar

1. Using a sharp knife, remove the skin and pith from the oranges. Then, holding the oranges over a bowl, cut into segments between the membranes. Reserve the orange juice and place the segments into a salad bowl.
2. Discard the tough outer layer from the fennel, then thinly slice. Place in the bowl with the orange segments, red onion, salad leaves and Dutch Edam.
3. To make the dressing, place 30ml (2tbsp) of the reserved orange juice and all the remaining dressing ingredients together in a screw top jar and season with salt and freshly ground black pepper. Shake well, until combined, then pour over the salad. Gently toss together until the salad is evenly coated.
4. Divide between 4 bowls and serve immediately.

Cook's tip: You can marinate the cheese, orange, fennel and red onion in the dressing, but remember to add the leaves just before serving or they will wilt from the acid in the dressing.

For further recipes, logos, information or to request high res images,
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