

Fennel Bulbs

Selection - Choose firm bulbs with bright green leaves and white skin with no brown spots.

Storage - Trim off leaves, 2 inches above bulb (if not already done) and store in the refrigerator (stays fresh up to 5 days).

Nutrition - Potassium, a mineral your body needs, in a fennel supports heart health.

3 EASY WAYS TO USE FENNEL BULBS

- To roast fennel, cut off the stalks and use just the bulb. Cut the bulb in half end to end and remove the hard inner core. Slice, toss with olive oil and pepper, and place on lined/greased baking sheet. Roast for 20 minutes at 450 degrees.
- To make a side dish, combine roasted fennel with cooked green beans and almond slices. Toss with olive oil, lemon juice, pepper and parmesan cheese.
- Fennel stalks can take the place of celery in soups/stews. They can also be added to meats when roasting.



Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1/2 cup diced onion (1/2 medium onion)
- ☐ 2 fennel bulbs, chopped (can use 2 stalks celery)
- ☐ 2 carrots, sliced in 2 inch sticks
- ☐ 1 (15 ounce) can diced tomatoes, with juice
- ☐ 1 medium potato, diced
- ☐ 1 zucchini (sliced 1/4 inch thick)
- ☐ 2 tablespoons parsley, chopped
- ☐ 1 cup broth
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon pepper

Directions

1. In a deep pot, heat 1 tablespoon of oil.
2. Add onions and fennel and sauté until they are soft.
3. Add the rest of the vegetables and 1 cup broth (or water and vegetable broth cubes).
4. Season with salt and pepper.
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.
6. If soup gets too dry or thick, add more broth.

