

12 Great Ways to Use...

Fennel

Fennel's fragrant anise-like flavor pairs nicely with onions, garlic, lemon, fresh herbs, seafood, chicken, and pork. Fennel can be sautéed, braised, roasted, baked, or enjoyed raw. And because the bulb, the fronds, and even fennel seeds are all deliciously edible, it is a wildly versatile ingredient. One cup of raw, sliced fennel bulb has less than 30 calories but offers 3g of fiber and more than 15% of the recommended daily intake of vitamin C.

- 1.** Make a risotto. Start by sautéing chopped fennel bulbs and stalks, onions, and garlic, then add the rice and cooking liquid.
- 2.** Caramelize slices of fennel and onion together. Use the caramelized veggies for a sandwich or pizza topping.
- 3.** Add thinly sliced fennel and chopped walnuts to a coleslaw or cabbage salad.
- 4.** Combine sliced fennel, celery, radish, and arugula into a salad and dress with a lemon vinaigrette.
- 5.** Layer the bottom of a baking dish with sliced fennel and lemons, fresh basil, and a handful of kalamata olives. Place fish or chicken on top, and season with olive oil, salt, and pepper. Bake until cooked through.
- 6.** Add fennel stalks and fronds to your stock pot to add extra depth of flavor to your chicken or vegetable stock.
- 7.** Garnish soups and salads with chopped fennel fronds.
- 8.** Infuse extra virgin olive oil or white wine vinegar with fennel fronds.
- 9.** Toss fennel wedges and chopped winter squash or root vegetables (like carrots, parsnips, or beets) with olive oil, salt and pepper. Roast at 400°F for about 30 minutes (tossing once half-way through) or until fork tender.
- 10.** Make fennel tea by adding 2 teaspoons of crushed fennel seeds or a small bunch of coarsely chopped fennel fronds to 2 cups of boiling water. Steep for 5-10 minutes for tea made with seeds or for 3-5 minutes for tea made with fronds.
- 11.** Fold feta cheese and sautéed fennel into wilted spinach for an easy side dish. Take it a step further by including fennel in a spinach pie like spanikopita.
- 12.** Braise red cabbage with sliced fennel and tart apples with a little bit of red wine vinegar.



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