



FENNEL 3 WAYS!

CAMELIZED FENNEL, CELERY, AND BACON OVER PASTA

INGREDIENTS NEEDED:

1 fennel bulb, thinly sliced
2 celery stalks, chopped
3 garlic cloves, diced
1 pound pasta (Try whole wheat or gluten free pasta!)
2-3 strips crispy bacon
2 tablespoons lemon juice
3 tablespoons olive oil
Salt and pepper

STEPS:

1. Heat the oil in a skillet pan, add fennel, celery, and garlic.
2. Sauté for 8-10 minutes or until tender.
3. Boil a pot of water and cook the pasta until tender.
4. Add the cooked pasta to the skillet with the fennel, celery, and garlic.
5. Add in the lemon juice and a splash of the pasta water.
6. Sauté until liquid is evaporated.
7. Crumble the cooked bacon strips into the skillet pan.
8. Add additional olive oil if needed.
9. Salt and pepper to taste.
10. Serve warm!

Fennel is rich in potassium!

BASIC ROASTED FENNEL

INGREDIENTS NEEDED:

1-2 fennel bulbs, quartered
1-3 tablespoons olive oil
½ teaspoon salt and pepper
½ teaspoon lemon juice

STEPS:

1. Preheat oven to 475 degrees.
2. In a large bowl, toss quartered fennel with olive oil, lemon juice, salt and pepper.
3. Spread seasoned fennel on a sheet pan.
4. Place pan in oven and roast for 15 minutes.
5. Flip fennel and roast for another 10 minutes until they begin to brown.

Roasted fennel is a great side dish for any fall or winter meal!

SUMMER SQUASH, FENNEL, AND CUCUMBER SALAD

INGREDIENTS NEEDED:

1 medium yellow summer squash, sliced thin
1 medium cucumber, sliced thin
1 small fennel bulb, sliced thin
1 tablespoon lemon juice
2 tablespoons olive oil
¼ cup fresh mint, chopped
Salt and pepper

STEPS:

1. Slice the squash, cucumber, and fennel.
2. Place sliced veggies in a large bowl.
3. Drizzle veggies with lemon juice and olive oil.
4. Add in chopped mint. Salt and pepper to taste.
5. Toss to combine and serve!

This fresh tasting dish is great to take on a picnic or to a BBQ!



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