

Fennel with Herbs

Ingredients

- 1½ cups fennel bulbs, diced
- ½ cup vegetable broth or water
- 2 tablespoons lemon juice
- Your choice of marinade or dressing (See **Dressings, Sauces, and Marinades** section on our website for ideas)

Directions

1. Thoroughly wash and trim fresh fennel.
2. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt, and fresh or dried herbs.
3. Try Italian style or toss with Cajun spiced.
4. Cook until the bulb portion is tender and delicious.
5. Fennel may also be grilled on the barbeque.

Makes 1 or more servings (1 vegetable)
1 gram protein
0 fat
45 calories

PHASE 3 MODIFICATIONS:

Drizzle with melted butter or olive oil. Fennel has a slight licorice taste and goes well with fish.

