



Oven Roasted Fennel with Fresh Herbs

*This recipe makes 1 serving
Each serving = 1 vegetable, ½ fruit, ½ lemon
Each serving has 100 calories*

Fennel is just as delicious if not more so when cooked rather than raw, and here it gets extra flavor from roasting and finishing with herbs and citrus.

Ingredients

- 1 medium fennel bulb, tough stems removed, fronds reserved
- 1/2 to 1 cup hCG approved Basic Chicken Broth/Vegetable Broth (see recipe on our site)
- Sea salt and pepper to taste
- Juice of 1/2 lemon
- Juice of 1/2 orange
- 4 drops each stevias: Lemon Drop and Valencia Orange flavor drops (optional)
- 1 teaspoon each finely chopped fresh mint, parsley, and basil

Directions

1. Preheat the oven to 375 degrees F.
2. Slice the fennel bulb into 1/4-inch thick pieces, cutting downward from the top. Cut out the tough stem area, but keep the slices intact.
3. Place the fennel in a single layer on a nonstick baking sheet with a rim. Pour 1/2 cup of the broth over, season with salt and pepper, and roast in the oven, turning occasionally, until the fennel is crisp tender and slightly golden around the edges, 25 to 30 minutes. Add a bit more broth if needed to prevent sticking.
4. Meanwhile, in a small bowl combine the lemon and orange juice, Stevia drops, and chopped herbs. When the fennel is cooked, transfer with a spatula to a serving dish and pour the prepared citrus herb dressing over.

Serve immediately.

