

Simply Delicious Cooked Fennel

Sometimes simplicity cannot be beat! The flavorful combination of these unpretentious ingredients in this vegetable side dish results in an explosion of culinary delight. And it all happens in less than 30 minutes from fridge to serving dish.



Serving size: one half bulb. Serves 4.

Ingredients

2 1-lb fennel bulbs
2 tbsp extra virgin olive oil
2 tbsp grated parmigiano reggiano cheese
salt/pepper to taste

Directions

To prepare the fennel for cooking: Cut away hollow stalks from top end of bulbs. Cut off a thin horizontal slice from the bottom ends. Cut into quarters and then cut the quarters in half. Wash thoroughly under running cold water, taking care to remove any sand from the base.

Place prepared sections in a heavy 9" skillet. Add 1 ½ cups cold water and bring to a soft boil over medium heat (6 minutes). Cover, reduce heat to low and continue to simmer for approximately 15 minutes or until sections are tender.

Drain off the water. Drizzle the oil, add salt and pepper as desired and mix well in skillet. Sprinkle the grated cheese on top of the fennel. Keep warm in the skillet until served.

Nutritional Information

Calories: 128
Carbohydrates: 13 g
Protein: 3 g
Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 2 mg
Fiber: 5 g

GI Value: 0 - low