



Roasted Fennel

4 servings

INGREDIENTS

- 2 fennel bulbs
- 2 Tbsp (or more) olive oil
- 2 tsp (or more) balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F.
2. Remove stalks from washed bulbs, halve lengthwise, then cut into 1-inch thick wedges.
3. Place fennel wedges in a bowl and toss with 1 - 2 Tbsp olive oil, just enough to coat them.
4. Sprinkle with balsamic vinegar, salt and pepper.
5. Line a roasting pan or baking dish with aluminum foil (brush foil with oil, if desired). Arrange fennel wedges on pan and roast for 30 minutes or until wedges are cooked through and beginning to caramelize at the edges.



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



Roasted Fennel

4 servings

INGREDIENTS

- 2 fennel bulbs
- 2 Tbsp (or more) olive oil
- 2 tsp (or more) balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F.
2. Remove stalks from washed bulbs, halve lengthwise, then cut into 1-inch thick wedges.
3. Place fennel wedges in a bowl and toss with 1 - 2 Tbsp olive oil, just enough to coat them.
4. Sprinkle with balsamic vinegar, salt and pepper.
5. Line a roasting pan or baking dish with aluminum foil (brush foil with oil, if desired). Arrange fennel wedges on pan and roast for 30 minutes or until wedges are cooked through and beginning to caramelize at the edges.



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.