

A simple guide to

FENNEL

Delicate fronds mild
in flavor

Long green stalks with a round white bulb

Slightly sweet, mild licorice flavor

Becomes sweeter when cooked



In Season

September - November

J F M A M J J A S D

How To Select



✓ Choose fennel with bright white, tightly-wrapped bulbs & feathery greens.



✗ Avoid brown spots, slits & wilted greens.

How To Store

- Separate unwashed bulb from stems & store both in a zip-close bag & refrigerate up to 10 days.

How To Prepare

Roasted



Cut bulb into quarters.
Drizzle with olive oil & roast
at 400°F 20-35 min until
tender & browned.

Chop up whole fennel plant
to create “bed” for roasting
poultry & meats.

Fresh



Cut off stalks & leaves
from bulb. Thinly slice for
snacking or use in salads,
sandwiches & wraps.

Mince leaves & add into
salads, soups, dressings &
pasta dishes.

Sautéed



Use fennel stalks in place
of celery in soups, stews,
stir-fry & more!

Tip: The entire fennel plant is edible!



ROASTED FENNEL PORK CHOPS

Ingredients:

- 2 fennel bulbs, diced, greens separated & minced
- 1 medium bunch rainbow carrots, sliced, greens separated & minced
- 1 medium head of cauliflower
- 3 Tbsp olive oil
- 4 cloves garlic, minced
- 2 tsp black pepper, divided
- Non-stick cooking spray
- 1 Tbsp chopped fresh thyme
- 8 (4 oz) boneless, thin-sliced pork chops, fat trimmed

Preparation:

1. Preheat oven to 400°F.
2. In a large bowl, add fennel, carrots & cauliflower. Drizzle olive oil, garlic & 1 tsp pepper over vegetables. Toss to combine.
3. Lightly coat two foil-wrapped sheet pans with cooking spray. Spread vegetables evenly on pans & roast 15 minutes.
4. Meanwhile, in a medium bowl, combine remaining pepper & thyme. Coat pork chops & set aside.
5. Remove pans from oven. Place pork chops on pans with vegetables. Roast another 20-25 minutes or until pork is cooked through & vegetables are fork-tender. Turn pork & vegetables half way through.
6. Serve pork chops & vegetables topped with minced carrots & fennel greens.

45 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(299g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 160mg	7%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 2mg	10%
Potassium 1023mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

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