

Fennel & Potato Bake

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



ONE: Preheat oven to 375°F. In a small saucepan, bring broth to a boil over high heat. Reduce heat to medium-high and simmer for about 6 minutes, until reduced to 1 cup. Remove from heat and set aside.

TWO: Using a mandolin or very sharp knife, cut fennel and potatoes into 1/8-inch-thick slices, keeping them in separate bowls. Toss potatoes with oil and season with salt and pepper.

THREE: Lay thyme sprigs in the bottom of an 8.5 x 11 x 2-inch oven-safe baking dish. Scatter garlic over thyme. Arrange 2 rows of alternating slices of potato and fennel in dish.

FOUR: Sprinkle vegetables with lemon zest and pour lemon juice and reduced broth into baking dish. Cover dish with foil and roast in oven for 50 minutes or until potatoes are tender when pierced with a fork. Remove foil and continue to roast for about 6 to 8 minutes to allow potatoes to brown a bit.

FIVE: Remove dish from oven. Transfer vegetables to a serving platter, discard thyme and drizzle all liquid from dish over top. Serve immediately with sour cream, if desired, and sprinkle green onions over top.

INSTRUCTIONS:

FOLD LINE

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Serves 4. Hands-on time: 15 minutes. Total time: 1 hour, 15 minutes.



INGREDIENTS:

- 1½ cups low-sodium chicken broth
- 1 medium fennel bulb, trimmed
- 2 medium Yukon Gold potatoes, unpeeled
- 2 tsp olive oil
- Sea salt and fresh ground black pepper, to taste
- 4 sprigs fresh thyme
- 2 cloves garlic, thinly sliced
- 1 lemon, zested and juiced
- ¼ cup low-fat sour cream, optional
- 3 green onions, thinly sliced

Nutrients per serving (7 oz vegetables, 2 tbsp sauce, 1 tbsp sour cream):
Calories: 152, Total Fat: 3 g, Sat. Fat: 2 g, Carbs: 28 g, Fiber: 5 g, Sugars: 3 g, Protein: 5 g, Sodium: 306 mg, Cholesterol: 12 mg

