

# Cooking Demo

## Shaved Fennel Salad

Is that celery...or is it an onion? It's fennel! You have probably seen this vegetable in the grocery, but may have passed it up because of its odd shape.

Join our expert dietitian to learn all about fennel, how to chop it up, and how to make it taste great. She will prepare and provide samples of shaved fennel salad with thyme and parmesan.

Prep time: 8 minutes

Yield: Serves 2-3

### Ingredients

1 fennel bulb, shaved paper thin with a mandoline or chef knife

2 Tbsp extra virgin olive oil

1 Tbsp fresh lemon juice

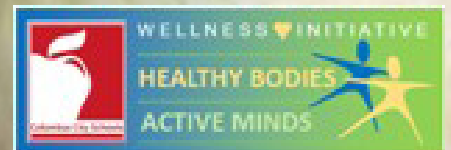
1/8 teaspoon chopped fresh thyme leaves

1 Tbsp chopped flat-leaved parsley

2 Tbsp shaved parmesan cheese

### Directions

Gently toss all ingredients together.



Recipe from: [http://www.simplyrecipes.com/recipes/shaved\\_fennel\\_salad/#ixzz3kUwnKjNs](http://www.simplyrecipes.com/recipes/shaved_fennel_salad/#ixzz3kUwnKjNs)

## NUTRITION INFO

Serving Size: 1 Cup

Calories	178
Total Fat	15 g
Saturated fat	3 g
Monounsaturated fat	10 g
Polyunsaturated fat	2 g
Cholesterol	4 mg
Sodium	147 mg
Potassium	509 mg
Total carbohydrate	10 g
Dietary Fiber	4 g
Sugars	5 g
Protein	3 g

Estimated Cost per recipe: \$3.75  
Estimated Cost per serving: \$1.87

## ALL ABOUT FENNEL:

**What is it?** Fennel is closely related to parsley, carrots, dill and coriander. This recipe only uses the bulb of the plant, but the stalk, leaves, and seeds are all edible. The stalks are less often eaten, but can be used to infuse flavor into dishes or added to homemade stock. The greenery can be used as a garnish or snipped like dill and used for a last minute flavor enhancer.

**How does it taste?** Some describe fennel as tasting like a combination of celery and licorice. It is popular in Mediterranean cuisine.

**When to buy?** Fennel is readily available and at its best from autumn through early spring. Look for fennel with firm and solid bulbs without signs of splitting, bruising or spotting. The stalks and leaves should be green in color.

**Health Benefits:** Fennel contains a unique combination of phytonutrients, which have been shown to reduce inflammation and help prevent the occurrence of cancer. Fennel is also an excellent source of vitamin C, the body's primary antioxidant. Antioxidants slow or prevent damage to the body's cells and play a role in immune function. In addition, fennel is a very low calorie vegetable. One cup of raw fennel is only about 30 calories.

## HOW TO CHOP FENNEL:

1. Place the fennel horizontally on a cutting surface. Use a sharp knife to cut about one inch above the fennel bulb to remove the stalks.
2. Remove and discard any wilted outer layers of the bulb.
3. Place the bulb on its side, and cut a thin slice off the root end of the fennel bulb. Discard the root.
4. Wash the bulb under cold water.
5. Stand the bulb upright on its root end and cut the bulb in half from the stalk to the root end.
6. For large bulbs, to remove the tough core, cut a wedge-shaped piece from the top of the core through the bottom.
7. Chop the fennel as desired for your recipe.

## FUN FENNEL HISTORY:

Fennel has enjoyed a rich history. It was used by the ancient Egyptians as food and medicine and was considered a snake bite remedy in ancient China. During the Middle Ages, it was hung over doorways to drive away evil spirits. Ancient Greeks believed fennel increased one's longevity, strength, and courage.

Sources:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=23>

<http://nesfp.org/world-peas-food-hub/world-peas-csa/produce-recipes/fennel>

<http://www.herbsociety.org/factsheets/fennel.pdf>

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