

Oven Roasted Fennel

Switching it up! Let's try fennel one night as a side. If it's too hot to turn on the oven put these on the grill, just make sure the grill isn't too hot so that the fennel doesn't burn. Enjoy!

xoxo,
Kristin

- 1) Preheat oven to 400 degree. Line a baking sheet with parchment paper.
- 2) Trim the fennel stalks just above the bulbs. Slice each bulb thinly from top to bottom.
- 3) Place the fennel slices on the lined baking sheet and pour melted coconut oil or ghee on top, tossing to coat. Sprinkle with seasonings.
- 4) Roast for 30 minutes, until soft and golden brown.

Recipe from The Paleo Cookbook, serves 4