

ROASTED FENNEL SNACKS

with APRICOT JALAPENO MUSTARD

Roasting fennel is one of the tastiest ways to utilize this sweet & savory vegetable. When fully roasted, fennel becomes soft and almost buttery yet still retains its form, the anise (licorice) flavor is mellowed, and more savory flavors are present than its natural sweetness when raw. Do not remove too much of the core for this recipe as it is useful as a finger hold when dipping in the sauce, and it is deliciously soft and flavorful when cooked!

Ingredients

2 + pounds Fennel
bulbs, about 2 large,
fronds removed

2 Tablespoons blended
oil

1 teaspoon Salt

3 Tablespoons GDG
Apricot Jalapeno Jam

2 Tablespoons Dijon
Mustard

1 teaspoon Lime Juice

Directions

Preheat oven to 375F.

Trim fennel of any dry outer leaves of the bulb that can be stringy, cut in half, and if large into cut each bulb into quarters.

Place in a large bowl and toss with oil and salt. Place in a preheated oven on a parchment-lined baking sheet and set timer for 20 minutes.

Whilst fennel is roasting, simply whisk together jam, mustard and juice. After 20 minutes, turn fennel over so that each piece will evenly brown and then continue to roast another 15- 20 minutes.

When fennel is soft and deeply browned remove from oven and allow to cool for a few minutes before serving on a platter with dipping sauce.