

MINUTE NUTRITION NEWS

April 2015

EATING LOCAL AND SEASONAL: FENNEL

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Spring is officially here, a time to look forward to an abundance of fresh vegetables and fruit in our local grocery store. This month's newsletter will be highlighting *fennel*, a common ingredient in European kitchens, but a stranger to many Canadians.

WHAT IS IT?

If you have never seen or ate fennel before, the best way to describe its appearance is the marriage of dill and celery into one single plant. The top leafy part of fennel looks like the wispy leaves of dill, while the stems look like short celery stalks that grow into a bulb at the bottom of the plant.

Fennel has a crunchy texture and a distinct taste that resembles a mild black licorice flavour when eaten raw. When cooked, the plant softens and takes on a sweeter taste.

Fennel is full of nutritional goodness. It is a low calorie vegetable and a great source of fibre, potassium and vitamins A and C. In slightly smaller amounts, it also contains B vitamins, folate, calcium, iron, phosphorus, magnesium and copper.

WAYS TO USE FENNEL

The wispy leaves of fennel have a very mild flavour. They are best used in herbal teas, finely chopped and added into dressings and sauces, or added as a garnish in any dish that needs some extra colour.

The crunchier stalks could be chopped up and cooked in any dish that would normally call for onions. Add them into soups, stir-fries, pastas...the list is endless.

As for the bulb, slice thinly and enjoy its juicy and crunchy texture in salads or by itself with a dip. Fennel is a great match for apples, oranges, celery, beets – all things great in a refreshing spring or summer salad. When cooked, the sweet tasting vegetable is an excellent match for mild dishes like seafood, but again, can replace onions in any recipe.

HOW TO CHOP FENNEL



1. Trim off the stems.



2. Cut the bulb in half. Then quarter.



3. Peel off outer layers that are wilted.



4. Slice in desired direction and width.



RECIPE OF THE MONTH

April 2015

Apple and Fennel Slaw

Apple and fennel make a great pair in delivering a refreshing taste to spring and summer salads. Try this recipe as a side dish to your meals this season. The best part about this recipe? It takes less than 10 minutes to whip up!



Makes 2 servings
(1 serving = approx. 1 ½ cups)

Ingredients:

1 tbsp	Olive oil
2/3 tbsp	Reduced fat mayonnaise
1/2 tbsp	Apple cider vinegar
1 tbsp	Lemon juice
1/2 tbsp	Honey
1/2	Small head of fennel, cut into thin strips
1	Granny Smith apple
1/4	Red onion, thinly sliced

Directions:

1. Combine olive oil, mayonnaise, vinegar, lemon juice and honey into large salad bowl. Whisk together until well-combined.
2. Cut apple in half, core it and cut into thin strips. Add into salad bowl and mix together thoroughly with dressing.
3. Add fennel and red onion into bowl. Mix together until well-combined with the dressing.

Nutrition information (per serving):

169 calories, Fat 9g (14% DV), Carbohydrate 22g (7% DV), Protein 1g, Sodium 72mg (3% DV), Fibre 4g (16% DV), Sugars 15g, Calcium 37mg (4% DV)

Recipe adapted from *Apple & Fennel Slaw recipe by David Page and Barbara Shinn from Fine Cooking Issue 34* (Retrieved from <http://www.finecooking.com/recipes/apple-fennel-slaw.aspx>)