

Roasted Fennel with Parmesan and Bean Salad

Roasted Fennel with Parmesan

- 1 t olive oil
- 1 large fennel bulb, cut horizontally into 1/3 inch thick slices
- sea salt and freshly ground black pepper
- 1 T freshly grated parmesan

Brush the bottom of a baking pan with oil or use a Pampered Chef Bar Pan that doesn't need any coating and will not stick. Lay out the fennel, brush it lightly with olive oil, lightly seasoning it with salt and pepper, then sprinkle on some parmesan. Preheat oven to 375F, baking for 45 minutes or until browned and softened.

Roasted Fennel with Parmesan looks lonely on the plate so you can toss together a quick bean salad.

Bean Salad

- 1 19 oz can white kidney beans, rinsed and drained
- 3 half coloured peppers, chopped small
- 1/2 chopped parsley
- 3 chopped green scallions
- 1 t olive oil
- 1 T seasoned rice vinegar
- 2 t maple syrup
- sea salt and freshly ground black pepper

In a medium-sized bowl, combine all ingredients.

Jittery Cook