

Caramelized Fennel

Prep time:

5 minutes

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

1 fennel bulb, trimmed, cored, and thinly sliced

1 red onion, halved and thinly sliced

Water as needed

salt and pepper to taste

Directions:

1. In a large skillet, heat organic canola oil spray over medium-high. Add fennel and onion, and season with salt and pepper. Cook, stirring occasionally, until mixture begins to brown, about 5 minutes. Add 1 tablespoon water and stir. Reduce heat to medium, and continue to cook 5 to 7 minutes until golden brown and soft. You can add water 1 or 2 more times to continue caramelization as needed.