

Baked Fennel and Potato

Recipe Type: Side dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 60 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

Cooking spray

3 large potatoes, peeled and thinly sliced

1 medium fennel bulb, thinly sliced

¼ t salt

1 t pepper

¼ C skim milk

¼ C low sodium chicken broth



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat the oven to 400°F.
3. Spray a 9x9 inch baking dish with cooking spray.
4. Put half of the potatoes on the bottom of the dish.
5. Spread half of the fennel on top of the potatoes and sprinkle with salt and pepper.
6. Layer the remaining potatoes, fennel, salt and pepper.
7. Pour milk and broth over the top.
8. Bake for 55–60 minutes, or until the potatoes are cooked through and the top starts to brown.
9. Serve warm and enjoy!

Contains Milk

Nutrition Facts

4 servings per container

Serving size 1 Cup (202g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 25g 9%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 68mg 6%

Iron 1mg 6%

Potassium 753mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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