

# 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
- 1 medium fennel bulb, thinly sliced
- 3 large potatoes, peeled and thinly sliced
- 1/4 t salt
- 1 t pepper
- 1/4 C skim milk
- 1/4 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 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.

## **Nutrition Facts**

**Serving Size 1 C**

**Amount Per Serving**

<b>Calories 170</b>		<b>Calories from Fat 5</b>	
		<b>%Daily Value*</b>	

<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	

<b>Cholesterol</b> 0 mg	<b>0%</b>
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<b>Sodium</b> 95 mg	<b>4%</b>
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<b>Total Carbohydrate</b> 36 g	<b>12%</b>
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Dietary Fiber 5 g	<b>20%</b>
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Sugars 2 g	
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<b>Protein</b> 5 g	
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Vitamin C 30%	
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Calcium 8%	
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\* Percent Daily Values are based on a 2,000 calorie diet.

FK= 4.5

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp). USDA is an equal opportunity provider and employer.

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