

## Yummy Lemony Braised Fennel

### Description

*This fennel is so nutritious and filling.*

**Prep time:** Ten minutes

**Total time:** One hour forty-five minutes

**Servings:** 6

### Ingredients

2 lbs. of fennel bulbs

3 organic lemons (3/4 lb.)

1/4 cup of extra virgin olive oil (2 Fl oz) Some  
sea salt, to taste

### Instructions

1. First, preheat the oven to about 375 degrees F, then chop the fennel bulbs into wedge sizes and then cut the lemon into thin slices. Organize them in a single layer in a large baking dish.
2. Drizzle some olive oil into the dish and wrap it with foil. Transfer to the oven and roast for about one hour. Unwrap the baking dish and roast for an additional thirty minutes until the edges of the fennel become crisp and golden.
3. Serve.