

Caramelized Fennel and Onions with Brussels Sprouts and Toasted Walnuts



by Timothy Hennessy, RHN, RNCP

1 ½ lbs (750 g) small Brussels sprouts, washed well and trimmed

1 Tbsp (15 mL) extra-virgin olive oil

1 medium fennel bulb, halved lengthwise, core and outer leaves discarded, sliced thinly (fennel fronds chopped and reserved if attached)

8 fresh sage leaves, chopped

1 medium onion, peeled, thinly sliced

Sea salt and pepper, to taste

½ cup (125 mL) unsalted walnut halves, toasted

1. Slice sprouts in half lengthwise.
2. Steam until tender, approximately 10 minutes.
3. While sprouts steam, warm oil in medium saucepan over medium heat.
4. Add fennel, sage, and onion.
5. Season to taste.
6. Saute until tender and lightly caramelized, 10 to 15 minutes, stirring occasionally.
7. Add cooked sprouts and combine.
8. Serve, garnished with walnuts and fennel fronds.

Serves 4.