



## **BRAISED VEGETABLES**

**Advanced Lifestyle**

### **Ingredients**

1 head fennel  
non-stick cooking spray  
2 TBS olive oil  
1 each red, yellow and orange pepper, seeded and sliced into thin strips  
4 stalks celery, sliced  
1 medium carrot, peeled and sliced into thin strips  
2 TBS lemon juice  
pinch salt and pepper to taste  
1/4-1/2 cup water  
optional: sugar substitute equal to 1 TSP sugar

### **Instructions**

1. Trim off flowery leaves and outer layers of the fennel. Cut off the bottom. Pull apart the rest of the layers and rinse well. Pat dry and slice into thin half-rounds.
2. Spray a large saucepan with non-stick cooking spray. Add oil and place over medium heat until hot. Add fennel and other prepared vegetables and stir until coated.
3. Lower heat; add lemon juice, salt and pepper, sugar substitute and 1/4 cup water. Stir and cook for 10-20 minutes, adding water to prevent vegetables from burning. Taste and correct seasoning. Cover and cook an additional 10 minutes, or until vegetables are tender. Garnish with lemon slices, whole peppercorns and/or fresh thyme.

### **Portion-Per-Serving Information** (Yields 6 servings)

Serving = 1 cup = 2 V