



Fennel

Welcome to week 16. Fennel is finally here. It is a unique herb with a sweet, licorice-like flavor that's used in many different cuisines. Its crunchy bulb, feathery fronds, and aromatic seeds all offer distinct tastes and textures. Originally from the Mediterranean, fennel has been used for centuries not only in cooking but also for its digestive benefits. Its versatility makes it a favorite in both savory and even some sweet recipes.

I am sharing a recipe using fennel, zucchini, tomatoes, and basil from the box. You can add few olives or sun-dried tomatoes to this recipe to make the flavor more robust. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby, G.

Fennel, Tomato, and Zucchini Tart with Basil Pesto

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| Ingredients: | ½ cup ricotta cheese |
| For the Tart | ¼ cup grated Parmesan cheese |
| 1 sheet of puff pastry (thawed if frozen) | For the Basil Pesto |
| 1 large fennel bulb, thinly sliced | 2 cups fresh basil leaves |
| 2 medium zucchinis, thinly sliced | ¼ cup pine nuts (or walnuts) |
| 1 cup diced tomatoes | ½ cup grated Parmesan cheese |
| 2 tablespoons olive oil | 2 garlic cloves |
| Salt & freshly ground black pepper to taste | ½ cup extra virgin olive oil |
| 1 teaspoon dried thyme | Salt & freshly ground pepper, to taste |
| 1 teaspoon dried rosemary | |

1. Prepare the Pesto:

In a food processor, combine the basil leaves, pine nuts, grated Parmesan, and garlic. Pulse until finely chopped. With the processor running, slowly drizzle in the olive oil until the pesto is smooth. Season with salt and pepper to taste. Set aside.

2. Prepare the Tart Base:

Preheat your oven to 400°F. Roll out the puff pastry on a lightly floured surface to fit a tart pan or baking sheet. Transfer the puff pastry to the pan, pressing it into the corners and up the sides. Trim any excess. Toss the fennel slices, zucchini slices, and tomatoes with olive oil, salt, pepper, thyme, and rosemary. Spread the vegetables evenly over the puff pastry. Dot the ricotta cheese over the vegetables. Sprinkle the grated Parmesan cheese on top. Bake in the preheated oven for 25-30 minutes, or until the puff pastry is golden brown and the vegetables are tender.

3. Garnish & Serve:

Let the tart cool slightly before slicing. Drizzle the basil pesto over the warm tart before serving, or serve it on the side. Optional: garnish with extra basil leaves and a sprinkle of additional Parmesan if desired.

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in the box

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|-------------------------|-------------|
| Red Leaf Lettuce | head |
| Fennel | each |
| Thai Basil | bunch |
| Russian Kale | bunch |
| Yellow Onion | 1 or 2 each |
| Mixed Heirloom Tomatoes | 1 lb |
| Broccoli | 1 or 2 each |
| Zucchini | 4 each |
| Grapes | 1 lb |



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