

Maple Dijon Roasted Rutabaga

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2018/maple-dijon-roasted-rutabaga.html>

Ingredients

- 2 lbs. rutabaga, peeled and cut into 1/2 inch wedges
- 1 Tbsp. olive or canola oil
- Dash of salt and pepper, to taste
- 3 Tbsp. apple cider vinegar
- 1 Tbsp. pure maple syrup
- 1 Tbsp. Dijon mustard
- 1 tsp chopped fresh rosemary (or dried)
- Dash of red chili flakes

Instructions

1. Preheat oven to 400° F.
2. Toss rutabaga in oil and season with salt and pepper.
3. Spread evenly on baking sheet and roast for about 30 minutes, or until lightly browned and fork tender.
4. Transfer rutabaga to large bowl and sprinkle lightly with vinegar, tossing to coat; allow it to absorb for about one minute.
5. Wisk together maple syrup, Dijon mustard, rosemary, and red chili flakes in a small bowl.
6. Drizzle Dijon mixture over rutabaga and toss.
7. Add additional black pepper, if needed.

Makes 4 servings

Serving size: ¼ of Recipe

Nutrition information per serving

Calories: 120	Dietary Fiber: 4 g
Total Fat: 4 g	Sodium: 115 mg
Saturated Fat: <1 g	Protein: 2 g
Cholesterol:	Carbohydrates: 22 g