

Sweet Roasted Root Veggies

From the American Institute for Cancer Research Test Kitchen

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22779&news_iv_ctrl=2901

Ingredients

- 1 small sweet potato, about 8-oz, cut into ¾-inch cubes
- 1 medium potato, cut into ¾-inch cubes (peeled parsnip may be substituted)
- 1 medium carrot, peeled, cut into ¾-inch slices
- 2 medium celery stalks, ¾-inch slices
- 1 small red onion, cut into ½-inch wedges
- 1 medium beet, peeled, cut into ¾-inch cubes
- 1 ½ Tbsp. extra virgin olive oil, divided
- Salt and freshly ground black pepper, to taste
- 1 tsp. balsamic vinegar
- 2 tsp. fresh lemon juice
- ½ tsp. Dijon mustard
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. cilantro, chopped
- 2 Tbsp. walnuts, finely chopped
- 1 oz. crumbled feta cheese

Instructions

1. Preheat oven to 425 degrees. In large bowl toss potatoes, carrot, onion, celery, and beet with ½ tablespoon oil, coating well. Arrange vegetables in a roasting pan. Season with salt and pepper. Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
2. In mixing bowl, whisk vinegar, lemon juice and Dijon with remaining oil and stir in parsley, cilantro and walnuts. Drizzle dressing over vegetables and gently toss. Top with crumbled feta.
3. Serve warm or at room temperature

Makes 4 servings (¾ cup per serving)

Nutrition information per serving:

Calories	156
Carbohydrate	17 g
Dietary Fiber	3 g
Protein	3 g
Total Fat	9 g
Saturated Fat	2 g
Sodium	134 mg



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