



Healthy Recipe Ideas

Sweet Roasted Root Veggies

Serves: 4

This warm one-pot meal is full of hearty root vegetables like sweet potatoes, carrots and beets that pack fiber and cancer-fighting carotenoids. Roasting gives them a slightly sweeter flavor that pairs nicely with this tangy Dijon dressing.

Ingredients

- 1 small sweet potato, about 8-oz, cut into 3/4-inch cubes
- 1 medium potato, cut into 3/4-inch cubes (peeled parsnip may be substituted)
- 1 medium carrot, peeled, cut into 3/4-inch slices
- 1 small red onion, cut into 1/2-inch wedges
- 2 medium celery stalks, 3/4-inch slices
- 1 medium beet, peeled, cut into 3/4-inch cubes
- 1½ Tbsp. extra virgin olive oil, divided
- Sea salt and freshly ground pepper to taste
- 1 tsp. balsamic vinegar
- 2 tsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- 1 Tbsp. fresh parsley, chopped
- 1 tsp. cilantro, chopped
- 2 Tbsp. walnuts, finely chopped
- 1 oz. crumbled feta cheese

Preparation

Preheat oven to 425 degrees. In large bowl toss potatoes, carrot, onion, celery and beet with 1/2 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.

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. Serve warm or at room temperature.

Nutrition Information *Amount per serving*

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

*This recipe is from the
American Institute for
Cancer Research*