



HEALTHY COOKING

Roasted Root Vegetables with Lemon Caper Sauce

Ingredients

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| 1 lb. Brussels sprouts, trimmed & halved | 2 tsp. Fresh thyme |
| 1 lb. Red potatoes, unpeeled & cut into 1" pieces | 1 tsp. Fresh rosemary |
| 8 Shallots (or 2 small red onions), peeled & halved | Salt & pepper to taste |
| 4 Carrots, peeled & cut into 2" lengths | 2 TBS. Fresh parsley |
| 8 Garlic cloves, peeled | 2 TBS. Capers, rinsed & minced |
| 3 TBS. Olive oil | |
| 1 TBS. Lemon juice, plus extra for seasoning | |

Directions

1. Adjust oven rack to middle position and heat oven to 450 degrees. Toss Brussels sprouts, potatoes, shallots and carrots with the garlic. Add 1 TBS. of oil, thyme, rosemary, 1/2 tsp. salt and 1/4 tsp. black pepper.
2. Spread vegetables into single layer on rimmed baking sheet. Arrange Brussels sprouts cut side down on center of sheet. Roast until vegetables are tender and golden brown approximately 30 to 35 minutes. Rotate sheet pan halfway through roasting.
3. Whisk parsley, capers, lemon juice and remaining 2 TBS. of oil together in a large bowl. Add roasted vegetables and toss to combine. Season with pepper and extra lemon juice to taste.
4. Serve.
5. Tips: Adding dark leafy greens, pre-wilted in a saute pan will boost the flavor, texture and nutritional value of this recipe. A dollop of nonfat Greek yogurt can add a zing to this delightful roast.

Nutritional Information

Calories: 200 | Total Fat: 8 g | Saturated Fat: 1 g | Trans Fat: 0 g | Cholesterol: 0 mg
Sodium: 310 mg | Dietary Fiber: 7 g | Total Sugar: 8 g | Protein: 5 g

Number of Servings: 4 - 6

Prep Time: 15 minutes & Cooking Time: 35 minutes