

VitaMin

Vital health information in a minute



Photo: José Picayo

ROASTED WINTER VEGETABLES

Yield: 8 servings (serving size: 1 cup)

Ingredients

- 16 thyme sprigs, divided
- 4 medium beets, peeled and quartered
- 4 carrots, peeled and cut in half lengthwise
- 2 medium turnips, peeled and quartered
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 8 unpeeled garlic cloves
- 2 medium red onions, peeled and cut lengthwise into quarters
- 2 fennel bulbs, cored and cut lengthwise into quarters
- 1 teaspoon chopped fresh thyme

Source: Printed with permission of *Cooking Light*, December 2010

Preparation

1. Preheat oven to 425°.
2. Place 8 thyme sprigs, beets, carrots, and turnips in a large bowl. Drizzle with 1 tablespoon oil; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Toss to coat. Arrange vegetables in a jelly-roll pan. Bake at 425° for 45 minutes or until vegetables are tender and begin to brown, stirring occasionally.
3. Place remaining 8 thyme sprigs, garlic, onions, and fennel in a bowl. Drizzle with remaining 1 tablespoon oil; sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Arrange vegetables in a single layer in a jelly-roll pan. Bake at 425° for 25 minutes or until vegetables are tender and begin to brown, stirring occasionally. Combine beet mixture and onion mixture; sprinkle with chopped thyme.

Nutritional Information

Amount per serving

- Calories: 103
- Fat: 3.7 g
- Saturated fat: 0.5 g
- Monounsaturated fat: 2.5 g
- Polyunsaturated fat: 0.5 g
- Protein: 2.5 g
- Carbohydrate: 16.7 g
- Fiber: 4.9 g
- Cholesterol: 0.0 mg
- Iron: 1.1 mg
- Sodium: 253 mg
- Calcium: 67 mg

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