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

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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>103</td>
</tr>
<tr>
<td>Fat</td>
<td>3.7 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Monounsaturated fat</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Polyunsaturated fat</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Carbohydrate</td>
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<tr>
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<td>Iron</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Calcium</td>
<td>67 mg</td>
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</tbody>
</table>

Source: Printed with permission of Cooking Light, December 2010

Photo: José Picayo