
Sheetpan Veggie Bowl with Cannellini Beans and Arugula

Cooking class with Susan V, 2/2020



Servings: 4

1. Preheat the oven to 400°F (200 degrees C).
2. Spread pine nuts on a sheetpan; roast until golden and fragrant, 2 to 3 minutes. Transfer to a plate to cool.
3. Place potatoes and garlic on the sheetpan. Drizzle with 2 tablespoons oil and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Bake 20 minutes. Add zucchini and rosemary, toss, then continue roasting until vegetables are tender and browned, about 20 minutes. Let cool about 5-10 minutes.
4. Squeeze roasted garlic out of its skin into a small bowl, mashing it slightly with a fork. Add remaining 2 tablespoons oil, balsamic vinegar, and remaining 1/4 teaspoon each salt and pepper; whisk to combine.
5. Toss roasted potatoes and zucchini in a large bowl with beans, chopped arugula, tomatoes, and dressing. Serve in bowls sprinkled with toasted pine nuts.

- 1/4 cup pine nuts
- 1 1/4 pounds Yukon Gold potatoes, cut into 1-inch cubes (or substitute sweet potatoes)
- 4 cloves garlic, unpeeled
- 1/4 cup olive oil, divided
- 3/4 teaspoon salt, divided
- 1/2 teaspoon ground black pepper, divided
- 2 zucchini, quartered and cut into 1-inch slices
- 1 1/2 teaspoons chopped fresh rosemary
- 1 tablespoon balsamic vinegar
- 15 ounces canned cannellini beans, drained and rinsed
- 3 cups baby arugula, chopped
- 1 cup grape tomatoes, halved

Per Serving (excluding unknown items): 670 Calories; 19g Fat (25.0% calories from fat); 32g Protein; 97g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 436mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat.

Carolyn T's Blog: tastingspoons.com