

Roasted Carrots, Parsnips and Shallots with Green Olive Relish

Originally from Martha Stewart, adapted by Tarla Fallgatter, Feb. 2013



Servings: 8

1. Preheat oven to 450°. Toss carrots, parsnips, and shallots with oil, and season with salt and pepper. Spread mixture onto 2 baking sheets, and roast, turning sheets twice and rotating once, including turning over each vegetable once, until vegetables are golden brown and tender, about 35-40 minutes (remove shallots if cooked first). Can be baked ahead, allowed to sit at room temp for a couple of hours. Reheat in a 350° oven for 10 minutes, lightly covered in foil (so the veggies don't dry out). Toss with the olive relish.
2. Olive Relish: Mix together olives, parsley, oil, mint, and vinegar. Season with salt and pepper.

1 pound carrots, scrubbed well (peeled if desired) - about 4

1 pound parsnips, scrubbed well (peeled if desired) - about 3-4

5 whole shallots, halved if large

3 tablespoons extra-virgin olive oil

Coarse salt and freshly ground pepper

2 tablespoons herbs (rosemary, thyme, oregano)

OLIVE RELISH:

1/2 cup green olives, pitted and coarsely chopped (1 cup Spanish olives without pimento)

1 cup Italian parsley, coarsely chopped

1/3 cup extra-virgin olive oil

1/4 cup chopped fresh mint

2 tablespoons wine vinegar, use a fruity vinegar if you have one

Coarse salt and freshly ground pepper

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Per Serving (excluding unknown items): 201 Calories; 15g Fat (65.7% calories from fat); 2g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 102mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.