

Roasted Vegetables with Lemon Vinaigrette

My own recipe, made it up on the fly



Servings: 2

1. Preheat oven to 400°F. Line a large sheetpan with parchment paper.
2. Prep vegetables and combine on the sheetpan. Drizzle EVOO over all and toss the vegetables to coat them. Sprinkle salt and pepper over all.
3. Bake for 35 minutes, or until vegetables are tender.
4. Meanwhile, prepare vinaigrette and shake well to combine. Taste for acid balance - add more oil or lemon juice as needed.
5. Drizzle the vinaigrette over the hot, roasted vegetables and serve immediately.

1 medium sweet potato, peeled
1 large sweet onion, peeled, cut in wedges
2 whole bok choy, cut in thirds, through the core
10 whole Brussels sprouts, ends sliced off, halved
1 1/2 tablespoons EVOO
Salt and freshly ground black pepper
VINAIGRETTE: (this makes more than needed for the vegetables)
1/3 cup EVOO
1 tablespoon red wine vinegar
1 tablespoon lemon juice
2 teaspoons Dijon mustard
1/2 teaspoon sugar
1/2 small shallot, peeled, finely minced

*Per Serving (excluding unknown items): 578
Calories; 47g Fat (70.2% calories from fat);
7g Protein; 38g Carbohydrate; 8g Dietary
Fiber; 0mg Cholesterol; 175mg Sodium; 15g
Total Sugars; 0mcg Vitamin D; 171mg
Calcium; 3mg Iron; 989mg Potassium;
175mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com