



EAT YOUR BEST.  
LESS SALT.  
MORE PLANTS.



# ROASTED ROOTS

IN LEMON DRESSING

MAKES 6 SERVINGS

## INGREDIENTS

- 2 lbs parsnips
- 1 lb carrots
- 3 tbsp olive oil
- 1 1/2 tsp black pepper
- 1/2 tsp kosher salt
- 1/2 tsp finely grated lemon zest
- 2 tbsp lemon juice
- 1 tsp sugar
- 1/2 tsp Dijon mustard
- 3 tbsp olive oil

## METHOD

- 1** Preheat the oven to 400°F. If the parsnips and carrots are very thick, cut them in half lengthwise. Slice each diagonally in 1-inch thick slices. Place the cut vegetables on a sheet pan.
- 2** Add 3 tbsp olive oil and pepper and toss well. Roast for 30 minutes, checking to see if they are tender. Chill the vegetables when done roasting.
- 3** Whisk together the lemon zest, juice, sugar, and mustard before adding the other 3 tbsp oil in a slow stream whisking until fully blended, then taste and season if needed.
- 4** Toss the parsnips and carrots with lemon dressing and salt.

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**NUTRITION FACTS:**    **Calories 250**    **Total Fat 14g**    **Sodium 230mg**    **Fiber 9g**    **Protein 2g**