

Roasted Root Vegetable Salad

Ingredients:

1 small sweet potato, cut into cubes
1 medium carrot, peeled and cut into 3/4 cubes
2 medium celery stalks, 3/4-inch slices
1 teaspoon balsamic vinegar
1/2 teaspoon Dijon mustard
1 teaspoon cilantro, chopped
1 ounce crumbled feta cheese

1 medium potato, cut into cubes
1 small onion, cut into 1/2-inch wedges
1 1/2 tablespoon extra virgin olive oil
2 teaspoons fresh lemon juice
1 tablespoon fresh parsley, chopped
2 tablespoon walnuts, finely chopped

Directions:

1. Preheat oven to 425°F. In large bowl, toss potatoes, carrot, onion, celery and beet with 1/2 tablespoon oil, coating well. Arrange vegetables in a roasting pan. Season with salt and pepper. Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
2. In mixing bowl, whisk vinegar, lemon juice and Dijon with remaining oil and stir in parsley, cilantro and walnuts. Drizzle dressing over vegetables and gently toss. Top with crumbled feta. Serve warm or at room temperature.

Nutrition Facts	
Serving Size 3/4 cup (164g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 35
<hr/>	
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 4g	
<hr/>	
Vitamin A 160%	• Vitamin C 25%
Calcium 8%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: simplyquinoa.com

