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

Nutrition Facts
Serving Size 3/4 cup (164g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 35
	% 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	

Vitamin A 160% • Vitamin C 25%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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.

For more information, please contact:
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