

Roasted Beets and Carrots, Lemon Mint Dressing

Portion Size: ½ cup

Yield: 8

Ingredients:

Lemon Juice, Fresh	3 TBSP
Light Brown Sugar	2 TBSP
Ground Cumin	1 tsp
Garlic Cloves, Peeled	2 cloves
Mint Leaves, Fresh	¼ cup
Canola Oil	2 TBSP
Carrots	12 oz
Canola Oil	3 tsp
Beets, Fresh	1.25 lb
Cooking Spray	as needed
Scallions, Sliced	¼ cup

Preparation:

1. Preheat oven to 325°F.
2. Combine lemon juice, brown sugar, cumin, garlic, mint, and oil (2 TBSP) in a bowl. Use an immersion blender, or blender, to blend until emulsified (20-30 seconds).
3. Peel and coarsely chop carrots. Toss carrots with canola oil (3 tsp). Place on a baking sheet in a single layer and roast for 35-45 minutes, or until tender when pierced with a fork. Remove and chill carrots.
4. Clean and remove stems from the beets. Place on a baking sheet in a single layer and spray with cooking spray.
5. Roast beets for 50 minutes, or until tender when pierced with a fork. Remove and chill beets.
6. Remove skins from beets, then dice into pieces (same size as roasted carrots).
7. Toss beets and carrots with dressing and scallions.

Chef Note: Wear gloves and an apron when peeling beets, and peel over plastic wrap or a towel for easy clean-up.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
90	1	10	2	6.5	5	0.5	65



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