

# Roasted Root Vegetables with Lemon Thyme and Aged Balsamic

## YIELD: 18 SERVINGS

Gluten-free

Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, swap shallot for green part of green onions or chives, limit balsamic vinegar portion to 1 Tbsp or less, and limit beets portion to ¼ cup or less

## INGREDIENTS

2 cups carrots

2 cups parsnips

2 cups turnips

2 cups rutabaga

2 cups beets

2 cups celery root, peeled and cut into ¾ inch chunks

1 cup shallot, peeled and cut into ½ inch slices

2 oz olive oil

1 Tbsp salt, kosher

3 Tbsp lemon thyme, leaves only

3 Tbsp aged balsamic vinegar

2 Tbsp parsley, chopped roughly

Salt and pepper (to taste)

## DIRECTIONS

1. Preheat oven to 400°F.
2. Toss vegetables with olive oil (2 oz) and salt (1 Tbsp) in a large bowl.
3. Transfer vegetables to a large baking dish, and ensure vegetables are single layer. Use two baking dishes if necessary. Place in the oven, and roast for 30 minutes.
4. Remove from oven, and fold in lemon thyme (3 Tbsp). Roast for another 10 minutes or until the vegetables are tender but not mushy.
5. Remove from oven, and gently fold in balsamic vinegar (3 Tbsp).
6. Add salt and pepper to taste.
7. Platter vegetables, sprinkle lightly with parsley (2 Tbsp), and serve.



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### NUTRITION FACTS

Serving size 1 (3.3oz)

Amount Per Serving	94g
<b>Calories</b>	<b>67</b>
	<b>% Daily Value</b>
<b>Total Fat 3.3g</b>	<b>5%</b>
Saturated Fat 0.5g	2%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 560mg</b>	<b>23%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
<b>Dietary Fiber 3g</b>	<b>10%</b>
<b>Sugars 4g</b>	
<b>Protein 1g</b>	<b>2%</b>
Vitamin A	43%
Vitamin C	21%
Calcium	3%
Iron	3%