

# Roasted Root Vegetables with Caper Dressing

## Servings: 8

*4 Tablespoons olive oil  
8 parsnips, peeled and halved  
8 carrots, peeled and halved  
4 shallots, peeled  
8 beets, trimmed  
3 rosemary  
3 sprigs thyme  
6 cloves garlic, peeled  
1 Tablespoon sherry vinegar  
2 Tablespoons capers, drained  
1/2 lemon, juiced  
sage leaves  
olive oil, drizzle*

Preheat oven to 450. Put oil in a large roasting pan and place in the oven to heat up.

Boil parsnips, carrots, and shallots in a pan of salted water for 5 minutes. Drain and allow to steam dry. Boil beets in a separate pan for 10 minutes. Drain, cool under cold running water, then peel. Cut in half if large.

Put vegetables in the hot roasting pan with the rosemary, thyme and garlic. Sprinkle with sherry vinegar and season with salt and pepper. Roast for 20 - 25 minutes till tender and golden, stirring occasionally.

Remove from the oven. Toss the vegetables with the capers, lemon juice and extra-virgin olive oil before serving.

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Per Serving (excluding unknown items): 313 Calories; 8g Fat (21.7% calories from fat); 5g Protein; 60g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 134mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.