

Holiday Vegetables

(Makes 6 servings)

(V) – This recipe is a vegan option recipe!

This is my all-time favorite holiday vegetable dish. It not only looks festive, but the combination of flavors creates a symphony explosion of taste excellence.

Ingredients:

- 1 head cauliflower (*about 1 pound*), in florets
- 3 large beets, peeled and cut into chunks
- ¼ cup balsamic vinegar
- 1 teaspoon olive oil
- ¼ cup fresh chopped dill
- Salt and pepper to taste

Directions:

- 1) Place vegetables in clay roaster or glass baking dish coated with vegetable oil spray.
- 2) Whisk together remainder of ingredients in small bowl; pour over vegetables. Toss to coat.
- 3) Cover tightly; bake at 350 degrees F for 30 minutes, or until vegetables are tender, stirring and basting once after 15 minutes.

Nutritional Analysis:

- Calories: 44
- Fat: 1.1 g
- Saturated Fat: 0.2 g
- Carbohydrates: 7.7 g
- Fiber: 1.7 g
- Protein: 1.8 g
- Sodium: 64 mg

Source:

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