

Roasted Winter Vegetable Ragout

(Makes 6 servings)

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

Ingredients:

- 1 cup coarsely chopped bok choy or Swiss chard
- 4 baby turnips, trimmed
- 1 small celery root, peeled and cut into wedges
- ½ pound baby carrots, peeled and left whole
- 8 Brussels sprouts, trimmed, with an X cut in the stem end
- 4 cipollini onions
- 2 parsnips, quartered
- 1 small Japanese eggplant, quartered
- 2 heads baby cauliflower, quartered, or 1 standard cauliflower, separated into florets
- 4 ounces shiitake mushrooms, stems discarded
- Two 28-ounce cans no-salt-added whole plum tomatoes, with juice
- 2 lemons, sliced thin, seeded
- 2 sprigs each parsley, rosemary, and thyme
- Freshly ground pepper
- 1 tablespoon extra virgin olive oil
- ½ cup dry white wine

Directions:

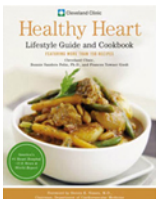
- 1) Preheat the oven to 475 degrees F.
- 2) Arrange the fresh vegetables in an ovenproof and flameproof roasting dish. Add the tomatoes and their juice and top with lemon slices. Place in the oven and roast, uncovered, for 20 to 30 minutes, until the vegetables are nicely browned, stirring twice.
- 3) Transfer the pan to the top of the stove. Lay the herb sprigs on top and season with pepper. Drizzle the vegetables with the oil and pour the wine over all. Stir and cook for another 15 to 20 minutes over high heat.
- 4) If serving with pasta, cook the linguine until al dente following the package directions. Drain the pasta and divide among 6 shallow soup bowls. When the vegetables are tender, discard the herb sprigs and divide the vegetables among the bowls. Garnish with the shavings of cheese. Serve hot.



Nutritional Analysis: (per serving)

- Calories: 400
- Fat: 6 g
- Saturated Fat: 1.5 g
- Sodium: 260 mg
- Protein: 12 g
- Carbohydrate: 79 g
- Dietary Fiber: 19 g

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.

Go! Foods® for You Program



This recipe has been modified to meet Go! Foods® criteria.