

Curry Roasted Cauliflower and Carrots Serves: 4

Preheat oven to 400 degrees. Grease a large baking sheet. (Or line with foil or parchment paper because turmeric can stain.)

3 Tbsp	olive oil	Add to a large bowl and stir to combine.
1/2 tsp	lemon zest (finely grated lemon peel)	
1 Tbsp	curry powder	
2	garlic cloves , minced (or 1/2 tsp garlic powder)	
1/2 tsp	ground turmeric	
1/2 tsp	salt	
1/2 tsp	black pepper	

1 head	cauliflower , cut into bite-sized florets	Add the cauliflower and carrots to the bowl and stir until evenly coated.
12 oz	petite baby carrots , left whole	Spread the vegetables onto the greased baking sheet in a single layer.

Roast for 15 minutes, then remove from the oven and stir or turn to brown evenly. Return to the oven and roast 12-15 minutes more, or until slightly tender and browned. Serve and enjoy!

QUICK TIP: To learn more about turmeric, see page 233.

Nutrition Information for a 1 1/2 cup serving:

Calories: 170 • Fat: 11 g • Sat Fat: 1.6 g • Chol: 0 • Fiber: 6 g • Protein: 3 g • Total Carb: 18 g • Sugars: 7 g • Sodium: 305 mg

Roasted Brussels Sprouts Serves: 4

Preheat oven to 400 degrees. Grease a large baking sheet.

1.5 lbs	fresh Brussels sprouts , stem ends trimmed and halved lengthwise	Add to a large bowl and stir to combine.
2 Tbsp	olive oil	Spread onto the greased baking sheet in a single layer.
1 Tbsp	balsamic vinegar	
1/2 tsp	salt	Roast for 20 minutes, then remove from the oven and stir or turn to brown evenly. Return to the oven and roast 5-10 minutes more, or until slightly tender and browned. Serve and enjoy!

QUICK TIP: Some recipes suggest mixing the vegetables, oil and seasonings directly on the baking sheet prior to roasting. But we like to mix the ingredients in a bowl first, then place on a baking sheet, so that everything is well combined and coated. If you are thinking “one less bowl to clean,” then by all means, just put everything on the baking sheet and mix it up there!

Nutrition Information for 1 cup:

Calories: 135 • Fat: 7.5 g • Sat Fat: 1 g • Chol: 0 mg • Fiber: 6.5 g • Protein: 6 g • Total Carb: 16 g • Sugars: 5 g • Sodium: 240 mg