

Roasted Vegetable Salad

1 large sweet potato, cut crosswise
into 1/2-inch-thick slices
1 large red onion, quartered
1 cup cauliflower

1 medium-size sweet green or red
pepper, cut into 8 pieces
12 stalks (1/3 pound) thin
asparagus, trimmed
Four 3-inch-wide Portobello
mushroom caps
1 Tbsp Olive Oil

Heat oven to 400 degrees F. In large bowl, combine the sweet potato, onion and ½ Tbsp of Olive oil. Spread on rimmed baking sheet. Roast 20 to 25 minutes or until vegetables are fork-tender. In same bowl, combine remaining oil, the cauliflower, pepper, and asparagus. Spread vegetables out on another rimmed baking sheet. Roast 10 to 15 minutes or until vegetables are fork-tender. Meanwhile, place mushrooms on rimmed baking sheet and roast about 3 to 5 minutes. To serve, transfer vegetables to a large serving plate.

By Nicole Cormier, RD, LDN