

## BALSAMIC ROASTED VEGETABLES

*Looking for a great way to cook vegetables? You have found it! Roasting vegetable is the simplest, yet most flavorful method to cook vegetables. It is best to match your vegetables with the season, and luckily, this savory balsamic marinade pairs well with any mix of vegetables. This recipe uses winter vegetables, which can be easily substituted for Spring/Summer vegetables such as squash, zucchini, peppers, or eggplant.*

**Yield** = 4 servings

### **Ingredients:**

#### **Marinade**

- 3 tbsp **olive oil**
- 3 tbsp **balsamic vinegar**
- 2 tbsp **brown sugar**
- 2 tbsp **lower-sodium soy sauce**
- 1/2 tbsp **Dijon mustard**
- 1/2 tsp dried **basil**
- freshly cracked **black pepper**

#### **Vegetables**

- 1 **red onion**
- 1/2 lb. **carrots**
- 1/2 lb. **parsnips**
- 8 oz. **mushrooms** (baby bellas or button mushrooms)
- 1 bunch **radishes**
- 1/4 bunch **parsley** (for garnish)



### **Instructions**

1: Preheat the oven to 400°F. In a small bowl, combine the olive oil, balsamic vinegar, brown sugar, soy sauce, Dijon mustard, dried basil, and pepper. Set the marinade aside.

2: Peel the carrots and parsnips, then slice them into 1-inch pieces. Peel the onion and slice it into 1-inch-wide wedges. Wash the mushrooms and the radishes (cut off stems and roots), then slice in half.

3: Spread the prepared vegetables out over a large baking sheet, making sure they are in a single layer and not piled on top of one another. Pour the balsamic marinade over top, then toss the vegetables until they are all well coated.

4: Transfer the baking sheet to the oven and roast for 20 minutes. Carefully remove the baking sheet from the oven, give the vegetables a good stir, then return them to the oven and roast for an additional 15-20 minutes or until the vegetables are tender and have browned on the edges. Don't be alarmed if the marinade blackens on the baking sheet, that part will not be scooped up with the vegetables.

5: While the vegetables are roasting, finely chop a handful of fresh parsley. Transfer the roasted vegetables to a bowl or serving platter and sprinkle the chopped parsley over top just before serving.

Per Serving- Calories: 221, Saturated Fat: 1.6g, Sodium: 325mg, Total Sugars: 15g

Recipe featured in the April 2021 issue of Beyond Hunger's Nutrition Newsletter and adapted from Budget Bytes.