

Recipe



Roasted Root Vegetables with Cumin and Coriander

8 Servings

Ingredients

1/2 lb	sweet potato, raw, peeled and cut into 1-inch pieces
1/2 lb	parsnip, raw, peeled and cut into 1-inch pieces
1/2 lb	rutabaga (swede), raw, peeled and cut into 1-inch pieces
1/2 lb	turnip, raw, peeled and cut into 1-inch pieces
2 tbsp	olive oil
5 ml	spices, cumin , ground
5 ml	spices, coriander leaf (cilantro), dried, ground
1/2 tsp	salt
1 dash	black pepper
30 ml	cilantro (coriander), fresh, fresh

Directions

1. Position a rack in the lower third of the oven and preheat to 400 F.
2. In a large bowl, combine the vegetables, olive oil, cumin, coriander and salt. Toss well to coat. Arrange the vegetables in a single layer on a large baking sheet.
3. Roast, stirring or shaking the vegetables every 15 minutes, until tender and evenly browned, about 45 minutes. Sprinkle with the pepper, taste and adjust the seasoning.
4. Transfer to a serving dish and sprinkle with the cilantro. Serve hot or at room temperature.

NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	94
FAT (g)	3.67
SATURATED FAT (g)	0.495
TRANS FAT (g)	0.002
CHOLESTEROL (mg)	0
SODIUM (mg)	192
CARBOHYDRATE (g)	15.14
FIBRE (g)	3
SUGARS (g)	5.23
PROTEIN (g)	1.47
VITAMIN A (µg)	202
VITAMIN C (mg)	19.1
CALCIUM (mg)	43
IRON (mg)	0.83