

# ROASTED VEGETABLE

# *Antipasto*



## WAC Fun Food Fact

Chicken drumsticks are a great low cost alternative to chicken breasts. They tenderize nicely in the slow cooker and are loaded with lean protein.

## Recipe of the Month | DECEMBER

### INGREDIENTS

12 medium Brussels sprouts  
4 teaspoons extra-virgin olive oil plus 2 tablespoons, divided  
1 large fennel bulb, halved, cored and cut into ¼-inch wedges  
12 very small, thin carrots (8 ounces)  
1 large beet, preferably golden, sliced into ¼-inch rounds  
1 teaspoon kosher salt, divided  
1 large clove garlic, minced  
2 tablespoons lemon juice  
1 teaspoon capers, chopped  
1 anchovy fillet, minced (optional)

6 servings

### NUTRITIONAL INFORMATION

Serving size: about ¾ cup  
Per serving: 117 calories; 8 g fat(1 g sat); 4 g fiber; 10 g carbohydrates; 2 g protein;  
56 mcg folate; 0 mg cholesterol; 5 g sugars; 0 g added sugars; 6,624 IU vitamin A;  
34 mg vitamin C; 48 mg calcium; 1 mg iron; 258 mg sodium; 426 mg potassium

### DIRECTIONS

- 1 Position racks in upper and lower thirds of oven; pre heat to 425°F.
- 2 Trim and halve Brussels sprouts; toss with 1 teaspoon oil in a medium bowl. Spread in a single layer on half of a large baking sheet. Toss fennel in the bowl with another 1 teaspoon oil; spread on the other half of the pan. Toss carrots in the bowl with another 1 teaspoon oil and spread on half of a second baking sheet. Toss beet slices with another 1 teaspoon oil; spread on the other half of the pan. Sprinkle the vegetables with ½ teaspoon salt.
- 3 Roast the vegetables, stirring once halfway through and rotating the baking sheets top to bottom and front to back, until soft and beginning to caramelize, 25 to 30 minutes. Arrange on a serving platter.
- 4 Meanwhile, mash garlic and the remaining ½ teaspoon salt in a small bowl with the back of a spoon until a paste forms. Add lemon juice, capers and anchovy (if using). Whisk in the remaining 2 tablespoons oil; drizzle over the vegetables.

