

ROASTED VEGETABLE ANTIPASTO

INGREDIENTS

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

DIRECTIONS

1. Position racks in upper and lower thirds of oven; preheat 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 1/2 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.
4. Mash garlic and the remaining 1/2 teaspoon salt in a small bowl with the back of a spoon until a paste forms. Add lemon juice, capers and anchovy. Whisk in the remaining 2 tablespoons oil; drizzle over the vegetables and enjoy!

PER SERVING (ABOUT 3/4 CUP)

117 calories; protein 2.1g | carbohydrates 10.5g
| exchange other carbs 0.5 | dietary fiber 3.8g
| sugars 4.5g | fat 8.2g | saturated fat 1.2g
| cholesterolmg | vitamin a iu 6623.7IU
| vitamin c 34.3mg | folate 56.2mcg |
calcium 48mg | iron 1mg | magnesium
22.1mg | potassium 425.6mg |
sodium 257.8mg | thiamin 0.1mg



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