

ROASTED CAULIFLOWER, BEET, AND FENNEL SALAD WITH PARSLEY AND MINT



DIFFICULTY

EASY



TIME

15 MINS

PLUS 1 HR TO ROAST
VEGETABLES



SERVES

4

INGREDIENTS

- ½ head Cauliflower, cut into small florets
- 2 Medium Beets (pink beets give the salad a lovely color)
- 2 bulbs of Fennel, sliced into 1/3 inch thick
- 3 Tbsp Olive Oil plus about 2-3 Tbsp for drizzling on cooled vegetables
- Salt and Pepper to taste
- 1/4 Cup chopped Parsley Leaves
- Zest and Juice of 1 Orange
- ¼ Cup chopped Mint Leaves
- 1 Green Onion, sliced thinly
- 1 large stalk of celery, cut in half lengthwise and slice thinly (the leaves are a great addition chopped)
- Additional Salt and Pepper to taste if desired

DIRECTIONS

1. Preheat oven to 425 degrees
2. Make 6 small incisions around each beet and rub with 1 Tbsp of Olive Oil and salt and pepper. Place in shallow baking dish and bake for 1 hour, or until knife slides effortlessly in and out beet
3. Toss Cauliflower with 1 Tbsp Olive Oil, Salt and Pepper. Place in oven and cook for 30 minutes, or until cauliflower is slightly browned
4. Toss Fennel with 1 Tbsp Olive Oil, Salt and Pepper. Add ¼" water to pan Place in oven and cook for 25 minutes, or until Fennel is soft
5. Let vegetables cool. Peel beets and cut into ½ inch pieces. In a large bowl, toss together the rest of ingredients and season with salt and pepper if desired

NUTRITION FACTS PER SERVING

Calories: 196 Fat: 14.4g (Saturated Fat: 2.1g) Carbohydrates: 17.3g Fiber: 5.4g Sugar: 9.7g Protein: 3.2g



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