



ROASTED VEGGIE MEDLEY

Chef's Selections, Side Dishes

Sea Salt

Difficulty Level: ●○○○○○

Prep Time: 15 minutes

Cook Time: 40 minutes



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Ingredients

- 2 cups cauliflower florets
- 2 cups sweet potatoes (diced)
- 2 cups Brussel sprouts (cut in half)
- 1/4 cup olive oil (extra virgin, divided)
- 1 tbsp ground turmeric
- 1 tbsp orange juice
- 1 clove garlic (minced)
- 1 tsp Windsor® Coarse Sea Salt

Preparation

1. Preheat oven to 350 °F (180 °C).

2. Toss vegetables in 3 tbsp (45 ml) oil. Roast for 45 minutes.

3. Combine remaining oil, orange juice, ground turmeric, garlic and salt.

4. Pour turmeric sauce over roasted vegetables; toss to coat. Continue to roast another 15 minutes; until sweet potato is fork tender.

Servings: 4 servings; 1 cup (250 ml)

Per serving | Calories 230 | Fat 14 g | Carbohydrate 22 g | Protein 4 g