

Roasted Root Vegetables with Herbs



Hands-On Prep **20 MIN**

Cook **40 MIN**

Serves **4**



1 Preheat the oven to 400°F.

2 Combine the carrots, potatoes, turnip, and shallot in a large nonstick roasting pan; drizzle with the oil and sprinkle with the rosemary, thyme, salt, and pepper. Spread the vegetables evenly in the pan.

3 Roast, stirring occasionally, until the shallots are caramelized and the vegetables are browned and tender, about 40 minutes.

PER SERVING (½ cup): 119 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 177 mg Sod, 19 g Carb, 3 g Fib, 2 g Prot, 32 mg Calc.

POINTS value: 2.

Good Idea This veggie medley makes a lovely side dish with Grilled Lamb Chops with Artichoke Relish (page 127) or a grilled 4-ounce bone-in lamb chop for a per-serving **POINTS** value of 6.

2 carrots, cut into chunks
2 (10-ounce) red potatoes, scrubbed and cut into chunks

1 white turnip, peeled and cut into chunks

1 shallot, peeled and quartered

4 teaspoons olive oil

1 tablespoon chopped fresh rosemary

1 tablespoon chopped fresh thyme

¼ teaspoon salt

¼ teaspoon freshly ground pepper