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## Green & White Vegetable Roast

- 2 large stalks broccoli
- ½ small head cauliflower, cut into small florets
- 1 pound small turnips, peeled and cut into ½-inch wedges
- 12 large cloves garlic, peeled
- 1½ cups packed shredded arugula
- ⅓ cup olive oil
- 1 Tbsp. Dijon mustard
- 1 tsp. salt
- ¼ tsp. pepper
- ½ small head cabbage, cut into chunks



1. Preheat the oven to 400°F.
2. Separate the broccoli into small florets and stalks. Cut the stalks into ½-inch slices. In a large bowl, combine the broccoli, cauliflower, turnips, garlic and arugula.
3. In a small bowl, whisk together the oil, mustard, ½ teaspoon of the salt and the pepper. Spoon about 2 tablespoons of the mixture into a large roasting pan. Place the cabbage on top of the oil.
4. Add the remaining oil mixture to the vegetables in the bowl and toss to coat evenly. Transfer to the roasting pan and place on top of the cabbage.
5. Cover the pan with foil and roast for 35 minutes. Uncover, stir gently and roast for 20 minutes, stirring once halfway through, or until the vegetables are tender. Sprinkle with the remaining ½ teaspoon salt and transfer to a serving bowl.

Makes 8 servings

Per serving: 177 calories, 10 g fat, 20 g carbohydrates (7.2 g fiber), 7 g protein, 445 mg sodium