

Roasted Vegetable Antipasto



Prep Time: 45 minutes

Cook Time: 1Hour

Ingredients:

1. 12 medium Brussels sprouts
2. 4 tsp. extra-virgin olive oil plus 2 Tbsp., divided
3. 1 large fennel bulb, halved, cored and cut into ¼ -inch wedges
4. 12 very small, thin carrots (8 ounces)
5. 1 large beet, preferably golden, sliced into ¼ -inch rounds
6. 1 tsp. kosher salt, divided
7. 1 large clove garlic, minced
8. 2 Tbsp. lemon juice
9. 1 tsp. capers, chopped
10. 1 anchovy fillet, minced (optional)

Directions:

1. Position racks in upper and lower thirds of oven; preheat to 425°F.
2. Trim and halve Brussels sprouts; toss with tsp. 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 tsp. oil; spread on the other half of the pan. Toss carrots in the bowl with another 1 tsp. oil and spread on half of a second baking sheet. Toss beet slices with another 1 tsp. oil; spread on the other half of the pan. Sprinkle the vegetables with ½ tsp. 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. Arrange on a serving platter.
4. Meanwhile, mash garlic and the remaining ½ tsp. salt in a small bowl with the back of a spoon until a paste forms. Add lemon juice, capers and anchovy (if using). Whisk in the remaining 2 Tbsp. oil; drizzle over the vegetables.

Nutrition Facts

Makes 6 servings

Amount per serving:

Calories	117
Net Carbs	10g
Dietary Fiber	4g
Total Fat	8g
Protein	2g