Herb Roasted Vegetables

**INGREDIENTS:**
1 Tbsp. Molly McButter
1 Tbsp. Olive Oil
1 Tbsp. Thyme Leaf, Whole
1 Tbsp. Marjoram Leaves
8 oz. Fresh Red Beets
4 oz. Turnips
4 oz. Parsnips
1 lb. 3 oz. Yukon Gold Potatoes
4 oz. Cleansed Shallots
13 oz. Baby Carrots
1 tsp. Ground Black Pepper
1 ½ tsp. Salt Substitute
1 Tbsp. Fresh Rosemary
3 Tbsp. Fresh Peeled Garlic
Olive Oil Mist

**METHOD OF PREPARATION:**
1. Cook the beets until about ½ done (about 20 minutes), cool and then peel the beets and dice into ½ inch pieces.
2. Peel the turnips and dice into ½ inch cubes. Steam.
3. Peel and core the parsnips and dice into ½ inch pieces.
4. Cut the potatoes into ½ inch cubes.
5. Cut the shallots in ¼’s. Cut garlic cloves in half lengthwise.
6. Stir in Molly McButter with the olive oil. Add the thyme and marjoram. Mix well.
7. Mix all of the vegetables including the garlic cloves and shallots with the butter, oil and herb sauce except the beets. Toss to coat. Spread the vegetables on sheet pans in a single layer. **Do not crowd!** **Sprinkle with salt and pepper.**
8. On a separate tray sprayed well with olive oil mist lay the beets out, then spray again with olive mist. This will prevent bleeding onto other vegetables.
9. Roast for 30 minutes at 400°F until vegetables are nicely browned and tender.

**NOTE:** Beets can be prepared the day before.

**SERVES:** 6—8 oz. portions
**NUTRITION:** 170 Calories, 3 g Fat, 1 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 190 mg Sodium, 35 g Carbohydrate, 7 g Dietary Fiber, 4 g Protein

**ALLERGENS:** Milk