

## Roasted Baby Spring Vegetables

*Use white balsamic vinegar to maintain the vegetables' vibrant hue. Look for baby carrots with tops, which have tender texture and subtly sweet flavor. Small carrots packed and sold as "baby" carrots are actually whittled-down mature vegetables.*



Becky Luigart-Stayner

- 3 tablespoons white balsamic vinegar
- 1 tablespoon chopped shallots
- 1 pound baby carrots with tops
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 12 fingerling potatoes, halved lengthwise (about 1 1/4 pounds)
- 1 (6-ounce) bag radishes, halved (about 1 3/4 cups)
- 2 cups (2-inch) slices asparagus (about 1 pound)
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh chives

Preheat oven to 500°.

Combine vinegar and shallots in a small bowl; set aside.

Trim green tops from carrots; discard tops. Combine carrots and the next 5 ingredients (through radishes) in the bottom of a roasting pan, tossing gently to combine. Bake at 500° for 20 minutes or until vegetables begin to brown, stirring occasionally. Remove pan from the oven; add shallot mixture and asparagus, tossing to combine. Return pan to oven; bake 5 minutes. Stir in parsley and chives.

**Yield: 7 servings (serving size: 1 cup)**

CALORIES 127(16% from fat); FAT 2.2g (sat 0.3g,mono 1.4g,poly 0.3g); PROTEIN 3.9g;  
CHOLESTEROL 0.0mg; CALCIUM 52mg; SODIUM 232mg; FIBER 3.9g; IRON 2.7mg;  
CARBOHYDRATE 24.6g  
Cooking Light, MARCH 2006