

This Roasted Vegetable Winter Salad is a salad for people that think salads aren't filling or they think they are boring. It's the salad for people that think they don't like salads!

Ingredients:

Roasted Vegetables

- 1 Red onion
- 1 Butternut Squash - small
- 10 Baby potatoes
- 2 Carrot
- 2 Parsnips
- 1 tablespoon Olive oil
- 1 pinch Sea salt and ground black pepper

Salad

- 4 Handfuls of Watercress/Rocket (arugula) salad mix
- 1 tablespoon Olive oil
- 2 tablespoon Balsamic vinegar
- 2 tablespoon Fresh basil - finely chopped
- 2 tablespoon Fresh coriander (cilantro) - finely chopped
- 2 tablespoon Fresh parsley - finely chopped
- 1 pinch Sea salt and ground black pepper
- 30 g (0.25 cups) Light Feta - (or dairy-free equivalent)



Instructions:

1. Preheat your oven to 400°F.

2. Chop 1 Red onion, 1 Butternut Squash, 10 Baby potatoes, 2 Carrot and 2 Parsnips so they are fairly chunky. Put them in a bowl with 1 tablespoon Olive oil and 1 pinch Sea salt and ground black pepper and mix well.
3. Put onto a baking tray into the oven for 35-40 minutes.
4. Make the salad dressing by mixing 1 tablespoon Olive oil, 2 tablespoon Balsamic vinegar, 1 pinch Sea salt and ground black pepper, 2 tablespoon Fresh basil, 2 tablespoon Fresh coriander (cilantro) and 2 tablespoon Fresh parsley.
5. Remove the vegetables from the oven.
6. Divide 4 Handfuls of Watercress/Rocket (Arugula) salad mix between 2 bowls and top with roasted vegetables. Drizzle the dressing on top and crumble over 30g (1/4 cup) Light Feta.

Nutrition:

Makes 3 servings

Serving: 1portion | Calories: 483kcal | Carbohydrates: 101g | Protein: 11g | Fat: 12g | Saturated Fat: 2g | Cholesterol: 8mg | Sodium: 206mg | Potassium: 2529mg | Fiber: 17g | Sugar: 17g | Vitamin A: 33665IU | Vitamin C: 128.4mg | Calcium: 262mg | Iron: 4.8mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.