



Roasted Warm Veggie Salad

By Chef Veera Gaul, Ph.D.



Ingredients

- 1 medium white or sweet onion, cut into ½ inch wedges
- 1 sweet potato, cut into 1-inch pieces
- 2 carrots, peeled and cut into 1-inch pieces
- 1 parsnip, peeled and cut into 1-inch pieces
- 2 beets, peeled and cut into wedges
- 3-4 radishes, cut in half or quarters
- 4 tablespoons O&V [Roasted Garlic oil](#) (divided) *
- 1 tablespoon Garlic powder
- 1 ½ tablespoons O&V [Red Onion vinegar](#) *
- 1 tablespoon Harissa sauce
- 1 teaspoon Lemon juice
- 1 tablespoon Lemon zest (from one lemon), divided
- Salt and pepper to taste
- ¼ cup raisins (optional)
- ¼ cup chopped fresh parsley
- ½ cup feta, sliced or roughly crumbled
- ¼ cup toasted walnuts or almonds (optional)
- Bed of arugula or spring greens
- Drizzle of high quality unflavored EVOO to finish

Preparation

Preheat oven to 400F. Line a large rimmed baking sheet with parchment paper.

In a large bowl toss together the onions, sweet potatoes, carrot, parsnip, beet, and radishes with 2 tablespoons of the Roasted Garlic oil. Season with salt and pepper and garlic powder. Mix till evenly coated and move to the rimmed baking sheet. Roast in the oven for 25-30 minutes until vegetables are fork tender and lightly browned.

In the same large bowl make the dressing by whisking the vinegar with the remaining 2 tablespoons of Roasted Garlic oil, Harissa, lemon juice, half the lemon zest, salt and pepper to taste. Fold in the parsley.

Remove the vegetables from the oven, add to the bowl with the dressing and toss. Stir in the raisins and nuts (if using).

Top with the feta, sprinkle the remaining half tablespoon of lemon zest and drizzle with a little unflavored EVOO. Serve warm or at room temperature.

Serves 4

Active Time: 30 minutes Total Time: 60 minutes

Notes

* The [Roasted Garlic oil](#) and [Red Onion vinegar](#) add layers of flavor to the vegetables. For a more citrusy, bright combination replace the oil with a [Blood Orange oil](#) and use a [Date vinegar](#) or Hazelnut vinegar. You can use a high-quality unflavored oil (just add some cloves of garlic to the roasted vegetables) and use a high quality aged balsamic vinegar too.

Categories: Entrees, Soups & Salads, Snacks & Sides, Vegan, Vegetarian, Dairy Free Option, Gluten Free, Roasted Vegetables, Sweet potato, Carrots, Parsnip, Beets, Radish, Roasted Garlic oil, Red Onion Vinegar, Blood Orange oil, Date Vinegar, Hazelnut Vinegar, Harissa sauce, Raisins, Feta Cheese, Walnuts, Almonds, Weeknight Meal, Mediterranean Diet, Plant Based,