

warm winter salad

ingredients

4 carrots, scrubbed
1 medium beet, scrubbed,
peeled and quartered
1 rutabaga, scrubbed,
peeled and quartered
1 sweet potato or yam,
peeled, halved and then
quartered
olive oil
salt
pepper
1/2 lb of spring mix
1 avocado
1/3 C mayonnaise or aioli
paprika*
feta cheese (optional)

**hungarian paprika is wonderful*

directions

Put all the veggies on a baking tray and drizzle with olive oil and salt and pepper, toss around with your hands until all veggies are coated. Place in a 400 degree oven. Roast veggies until they are tender and browned at the corners and edges. Meanwhile, put ¼ C mayonnaise or aioli in a small bowl and thin with 1 T water. Add ½ tsp paprika and a pinch of salt and mix thoroughly. Set aside.

Prepare plates by putting generous handfuls of spring mix on each. Put half of each of the veggies on top of the spring mix, add slices of the avo (as much or as little as you want) and drizzle with the dressing. Sprinkle with crumbled feta and serve.



a gentler and happier approach to health