

# Roasted Root Vegetable Tzimmes

*Ken Gordon, Chef/Owner - Kenny & Zuke's, Portland, OR  
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## Servings: 6

*1 cup orange juice  
1/3 cup honey  
1/3 cup dried cherries  
1/3 cup dried cranberries  
1/3 cup pitted prunes, roughly  
chopped  
1 teaspoon ground cinnamon  
2 pounds sweet potatoes, peeled and  
cut into sticks 1/4x2-inches  
1 pound carrots, peeled and cut into  
sticks 1/4x2-inches  
1 pound parsnips, peeled and cut into  
sticks 1/4x2-inches  
1/2 pound cipollini or pearl onions,  
peeled  
3 tablespoons vegetable oil*

## Preparation Time: 45 minutes

### Cook Time: 35 minutes

Position the racks in the upper and lower thirds of the oven. Preheat the oven to 425 degrees.

In a small saucepan, bring the orange juice, honey, dried cherries, dried cranberries, prunes and cinnamon to a simmer over medium-high heat. Remove from the heat.

Divide the sweet potatoes, carrots, parsnips and onions between two rimmed baking sheets. Toss with the oil, season with salt and pepper and spread evenly on the pans.

Roast, switching the pans halfway through the cooking, until the vegetables are tender and browned, about 25 minutes.

Transfer the vegetables to a large, high-sided skillet. Add the juice mixture and simmer over medium heat, stirring frequently, until the vegetables are glazed, 5 to 10 minutes. Season.

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Per Serving (excluding unknown items): 355 Calories; 8g Fat (18.6% calories from fat); 4g Protein; 71g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Vegetable; 1 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Side Dishes, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	355	Vitamin B6 (mg):	.4mg
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% Calories from Fat:	18.6%
% Calories from Carbohydrates:	77.2%
% Calories from Protein:	4.1%
Total Fat (g):	8g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	71g
Dietary Fiber (g):	9g
Protein (g):	4g
Sodium (mg):	47mg
Potassium (mg):	775mg
Calcium (mg):	76mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	63mg
Vitamin A (i.u.):	40887IU
Vitamin A (r.e.):	4100RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	91mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	1
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	1

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 355 Calories from Fat: 66

### % Daily Values\*

<b>Total Fat</b>	8g	12%
Saturated Fat	1g	5%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	47mg	2%
<b>Total Carbohydrates</b>	71g	24%
Dietary Fiber	9g	37%
<b>Protein</b>	4g	

<b>Vitamin A</b>	818%
<b>Vitamin C</b>	105%
<b>Calcium</b>	8%
<b>Iron</b>	9%

\* Percent Daily Values are based on a 2000 calorie diet.