

Roasted Vegetables with Miso Sauce

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Servings: 8

Miso paste can be found in small tubs in the refrigerated dairy section of a supermarket.

2 large parsnips, halved lengthwise and cut into 1-inch pieces

2 large red beets, cut into 1-inch pieces

2 large carrots, cut into 1-inch pieces

24 brussels sprouts, trimmed

2 large yellow bell peppers, halved, seeded and cut into 1-inch pieces

1/3 cup olive oil, divided

2 tablespoons miso paste

2 tablespoons mirin (sweet sake)

2 tablespoons seasoned rice vinegar

1 piece (one ounce) fresh ginger, peeled and finely grated

1 green onion (optional), thinly sliced

1 teaspoon toasted sesame seeds (optional)

Preheat oven to 400 degrees.

Scatter the parsnips, beets, carrots, Brussels sprouts and bell pepper on two baking sheets. (Do not crowd).

Drizzle with three tablespoons of olive oil and roast, tossing occasionally, until golden and tender, about 1 hour.

In a small bowl, combine the miso, mirin, vinegar and the remaining oil. Whisk until smooth.

Stir in the ginger.

Transfer the roasted vegetables to a large platter and drizzle with miso dressing. Toss lightly.

Garnish with the green onion and sesame seeds and serve hot or at room temperature.

Per Serving (excluding unknown items): 164 Calories; 9g Fat (48.0% calories from fat); 3g Protein; 20g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 2 Fat; 0 Other Carbohydrates.