

## Warm Root Vegetable Salad with Saffron Vinaigrette

**Prep time:**

10 minutes

**Cooking time:**

25 minutes

**Yields:**

4 servings

**Ingredients:**

For the Salad:

2 large sweet potatoes  
4 large parsnips  
6 medium beets  
3 tablespoons olive oil, divided

For the dressing:

1 teaspoon Dijon mustard  
1 tablespoon apple cider vinegar  
3 tablespoons olive oil  
1 pinch saffron  
Salt and pepper to taste

For the salad:

4 cups fresh arugula

**Directions:**

Preheat oven to 400°. Cut sweet potatoes into ½ -inch cubes. Peel parsnips, and cut into 1/2- inch slices. Peel beets, and cut into 1/2-inch-thick wedges. Toss sweet potatoes and parsnips with 2 Tbsp. olive oil in a large bowl; place in a single layer on a lightly greased sheet pan. Sprinkle with salt and pepper. Toss beets with remaining 1 Tbsp. olive oil; arrange beets in a single layer on a separate aluminum foil-lined 15- x 10-inch jelly-roll pan. Sprinkle with remaining salt and pepper. Bake at 400° for 40 to 45 minutes or just until tender. Meanwhile, to make the dressing, whisk together saffron, vinegar, dijon, salt and pepper and drizzle in olive oil. Place vegetables in a large bowl, add dressing and arugula. Mix well and serve.

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June Health and Wellness