

Root Veggie Salad

- 4 potatoes, peeled, chopped bite-sized
- 8 small carrots, peeled, chopped small
- 5 parsnips, peeled, chopped small
- 2 sticks celery, thinly sliced
- 2 scallions. sliced
- 2 T chopped dill
- 3 T olive oil
- sea salt
- 1 T grainy mustard
- 2 T cider vinegar
- freshly ground black pepper
- lettuce

Preheat oven to 420F.

In a baking pan, lightly coat potatoes with olive oil and a little sea salt. In another pan, lightly coat carrots and parsnips. Roast veggies, flipping once or twice, for about 30 minutes or until they are soft and browned.

In a small bowl, mix 2 tablespoons of olive oil with mustard, vinegar and pepper. In a large bowl, add dressing to roasted root veggies, dill, scallions and celery. Toss well. Serve on a bed of lettuce. For a light meal, serve with hard boiled eggs and wild canned salmon. Serve hot or warm. Serves 8.

Jittery Cook