



ROASTED ROOTS WITH WHIPPED FETA



Ingredients

Roasted Vegetables

½ lb sweet potato or yam
(2 of medium-size)
4 medium-large carrots
2-3 large golden beets
2-3 tbsp avocado, sunflower
or canola oil
salt and pepper, to taste

Garnish

½ cup fresh herbs, chopped
(e.g. parsley, thyme, dill, or
chives)

Whipped Feta Dip

½ cup feta cheese, crumbled
½ cup golden beet, grated
¼ - ⅓ cup mayonnaise or
Greek yogurt
2-3 tbsp parmesan, grated
2 tbsp garlic, minced
2 tbsp lemon juice
2 tbsp olive oil
1 tsp lemon zest
1 tsp ground sweet paprika
1 tsp herbes de provence
1 tsp dried dill (or 1 tbsp fresh)
salt and pepper, to taste



Instructions

Servings
4

Prep Time
20 mins

Bake Time
40 mins

Total Time
1 hour

1. Preheat the oven to 400°F.
2. Line 2-3 baking sheets or roasting pans with baking parchment or foil, for easy clean up.
3. Wash, peel and slice the vegetables. You can slice them into circles, or cut them into wedges or sticks, per your personal preference.
4. Toss the vegetables in oil, then season them with salt and pepper and transfer to the baking trays.
5. Roast the vegetables at 400 °F for 30-40 minutes, or until the veggies are browned around the edges and cooked through. Stir the vegetables halfway through the cooking time to assure even baking.
6. While the vegetables roast, prepare the whipped feta dip. Grate the beet* and mince the garlic, then add all the sauce ingredients to a food processor and blend until smooth.
Note: I suggest grating the raw beet, for ease of blending. If your food processor is strong enough to handle it, just cut the beets into rough chunks. Same goes for the garlic.
7. Once fully roasted, remove the vegetables from the oven and transfer them to a serving plate.
8. Add the whipped feta dip to the centre of the plate and garnish with freshly chopped herbs.