

Simple Roasted Vegetables

Makes 5 cups
½ cup per serving

	recipe	serving
protein (gm)	19.1	1.9
calories (kcal)	1191	119
phenylalanine (mg)	736	74
tyrosine (mg)	518	52
leucine (mg)	902	90
sodium (mg)	363	36
potassium (mg)	4134	413
phosphorous (mg)	560	56

Autumn Tikka

Makes 4½ cups
½ cup per serving

	recipe	serving
protein (gm)	9.2	1.0
calories (kcal)	610	68
phenylalanine (mg)	405	45
tyrosine (mg)	287	32
leucine (mg)	561	62
sodium (mg)	963	107
potassium (mg)	2097	233
phosphorous (mg)	278	31

Simple Roasted Vegetables

You can vary the flavors of this easy-to-prepare dish by changing the herbs. For example, instead of rosemary and marjoram you can substitute thyme and parsley. Experiment and see what you like! DC

- 1 medium onion (170 gm)
- 2 medium carrots, peeled (220 gm)
- 5 medium red potatoes (755 gm)
- 2 tablespoons olive oil
- 2 medium cloves garlic, finely minced
- 1 teaspoon dried rosemary, crushed or chopped
- 1½ teaspoons dried marjoram
- 2 tablespoons butter
- salt and pepper

1. Preheat oven to 375°F. Cut the onion into eighths by slicing it in half crosswise and then quartering each half. Cut each carrot in half lengthwise and then into 1-inch

long pieces. Cut unpeeled potatoes in the same manner as the onion.

2. Spread the oil in a large roasting pan and add all of the vegetables and herbs. Cut the butter into little pieces and distribute it evenly over the vegetables. Season to taste with salt and pepper. Cover the roasting pan tightly with aluminum foil and bake for 35 minutes. Uncover, stir the vegetables, and raise the temperature to 425°F. Continue roasting, uncovered, for another 30 minutes or until the vegetables are cooked and their edges have turned brown.

Autumn Tikka

This warming, gently-spiced curry of fresh vegetables cooks in less than 20 minutes and is great served with long-grain or low protein rice for a nice fall meal. For non-diet portions, you can add about 8 ounces cooked shrimp or chicken. VS

- 2 tablespoons canola oil
- ½ large onion, chopped (155 gm)
- 1 small red bell pepper, cut into ¾-inch pieces (140 gm)
- 1 medium orange-fleshed sweet potato (yam), peeled and cut into ¾-inch pieces (225 gm)
- 2 small cloves garlic, minced
- 4 medium stalks celery, cut into ¾-inch pieces (145 gm)
- 1 medium zucchini, cut in half lengthwise and then cut into ¼-inch thick half-rounds (155 gm)
- 1 teaspoon kosher salt or slightly less table salt
- 2 teaspoons East Indian tikka or curry powder
- 1¼ cups vegetable broth, canned or homemade

1. In a Dutch oven or large deep skillet, heat oil over medium heat. Add onion and sauté for 1 minute. Add pepper and potato; continue sautéing for 3 minutes. Add garlic and sauté for another 1 minute.
2. Add celery, zucchini, salt, and tikka or curry powder and continue cooking for 5 minutes.
3. Add broth to vegetables; turn heat to low, cover, and cook for another 6 to 7 minutes, or until the potato is tender. For the last minute or so, remove cover and allow liquid to reduce slightly. Taste and adjust seasoning, adding more tikka or curry powder if desired.