

Roasted and Raw Veggies with Ranch Dressing

Servings: 8-10 of 1.5 cups

Ingredients:

- 1 head broccoli
- 1 head cauliflower
- 12 oz baby carrots
- 1 bunch celery
- 1 medium bell pepper
- 1 tsp avocado oil

For the ranch dip:

- 1 cup plain Greek yogurt (I like Faye)
- 1 tablespoon 1/3 fat cream cheese
- 2 teaspoon apple cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried dill

Directions:

Preheat oven to 450 F.

1. Chop cauliflower and broccoli into bite-size pieces, with florets and stems. Cut celery into 3 inch length pieces. Cut bell pepper into ¼ inch strips.
2. Cover cookie sheet with parchment paper, place cut broccoli and cauliflower on top. Drizzle with 1 tsp avocado oil, 1/4 tsp salt and 1/4 tsp black pepper.
3. Mix to combine, then spread out into a single layer.
4. Place on lower rack of oven and bake 8-12 minutes, until starting to brown but still firm in texture (if you overcook, they will be mushy). Remove from oven and let cool a few minutes.
5. In a medium bowl, whisk together the yogurt, vinegar, salt, garlic powder, onion powder, and dill. In separate bowl, melt the cream cheese in microwave 10-20 sec, then add to bowl with all other ingredients. Taste, adding additional salt or vinegar to taste.
6. Serve dip with assortment of raw and roasted vegetables.

This makes a great go to snack platter. Cut up and cook the veggies one day and serve the whole week as an afternoon snack. Just cover the plate, refrigerate and pull it back out each day.

Equipment:

- Medium bowl
- 1-2 Cookie sheets
- Chef's knife

Roasted Veggies with Ranch dressing		
Nutrition Facts		
Serving Size	1.5 cups veggies	
Amount Per Serving		
Calories	81.2	
	% Daily Value*	
Total Fat	1.2 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	1.5 mg	0 %
Sodium	97.8 mg	4 %
Total Carbohydrate	13.1 g	5 %
Dietary Fiber	4.4 g	16 %
Total Sugars	6.1 g	
Added Sugars	- g	- %
Protein	6.2 g	
Vitamin D	0 mcg	0 %
Calcium	95.2 mg	7 %
Iron	0.9 mg	5 %
Potassium	610.5 mg	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

