

## *Across the Fence*

**Cooking for One (part two) August 31, 2012**

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### **Balsamic Carrot Salad** Makes 4 servings

#### **Ingredients**

2 cups sliced carrots (about 1 pound) ¼ inch thick  
1/8 cup minced fresh cilantro  
1 tablespoon white balsamic vinegar  
3 teaspoons olive oil  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 clove garlic, minced

#### **Preparation**

Steam the carrots until tender.

Combine with remaining ingredients in a large bowl, and toss to coat carrots.  
Cover and chill at least 1 hour or overnight to enhance flavors.

### **Roasted Vegetables** Makes 4 servings

#### **Ingredients**

2 zucchini, sliced  
1 sweet potato, peeled and sliced  
1 onion, peeled and cut into eighths  
1 red bell pepper, cut into 1 inch pieces  
4 small beets, cut in half  
2 small red potatoes cut in half  
¼ cup olive oil  
1 tablespoon chopped fresh rosemary  
¼ teaspoon pepper

Note: cut vegetables into pieces about the same size. Add other vegetables that you like to the list of those above.

#### **Preparation**

Preheat oven to 400° and place rack in upper third of oven.

Toss together all the vegetables in a large bowl with the remaining ingredients.

Arrange in a single layer on a foil lined baking sheet or jelly roll pan.

Toss and turn vegetables at 15 minutes

Bake for 30 minutes or until vegetables are tender and golden brown.

If vegetables are cooking too quickly cover with foil.