



## Oven-Roasted Bulgur and Root Veggies

Cindy served this delicious dish at our 2017 Taste Luncheon.

- 3 medium beets, peeled and cut into ½ inch pieces
- 2 small turnips, peeled and cut into ½ inch pieces
- 3 medium carrots, cut into ½ inch slices
- 1 medium red onion, cut into ½ inch wedges
- 6 fresh thyme sprigs
- 3 T olive oil
- 1¼ t salt
- ½ t black pepper
- ⅔ c bulgur
- ⅔ c reduced-sodium chicken broth
- 2 t grated fresh ginger
- 3 cloves garlic
- 2 T balsamic vinegar
- 2 T honey
- lemon wedges and/or crumbled goat cheese (optional)

Position one oven rack in upper third oven.

Preheat oven to 425°F.

Place a 15x10-inch baking pan on upper rack and a large oven-safe skillet on lower rack; heat 5 minutes.

In a large bowl combine beets, turnips, carrots, onion, and thyme. Drizzle with oil and sprinkle with 1 tsp of the salt and the pepper; toss to coat.

Carefully add vegetable mixture to hot baking pan and dry bulgur to hot skillet.

Roast bulgur 10 minutes, shaking skillet once.

Stir broth, ginger, and remaining ¼ tsp. salt into bulgur; cover with foil.

Roast 5 minutes. Remove skillet from oven.

Stir garlic into vegetable mixture.

Roast 20 minutes more or until vegetables are tender, stirring once.

Remove from oven.

Remove and discard thyme sprigs.

Stir vinegar into vegetables; stir in bulgur mixture.

Drizzle with honey and, if desired, serve with lemon wedges and/or crumbled goat cheese.