

Roasted Vegetables & Herbed Dip



Vegetables

- 2 cups fresh broccoli florets
- 2 cups cauliflower florets
- 1 medium red bell pepper, cut in 1 to 2-inch pieces
- 1/4 teaspoon dried tarragon leaves
- 1/4 teaspoon peppered seasoned salt

Dip

- 1/2 cup light mayonnaise
- 1/2 cup light sour cream
- 1/4 cup Dijon mustard
- 2 teaspoon honey
- 1/2 teaspoon dried tarragon leaves
- 1/8 teaspoon salt

1. Heat oven to 450°F. Spray a 15x10x1-inch pan with cooking spray.
2. In large bowl, mix all vegetable ingredients. Spread evenly in pan. Bake uncovered 15 to 20 minutes or until vegetables are crisp-tender.
3. While vegetables roast mix all dip ingredients in a medium bowl until blended. Cover and refrigerate until serving time.
4. Serve roasted vegetables warm with dip.

Yield: 8 servings

Nutrition Facts		
Servings per recipe: 8		
Calories 67	Calories from fat 36	
	% Daily Value	
Total Fat 4g		6%
Saturated Fat	1g	4%
Cholesterol 7mg		2%
Sodium 228mg		9%
Carbohydrate 8g		3%
Dietary Fiber	2g	7%
Protein 2g		4%
Vitamin A: 28%	Vitamin C: 95%	Folacin: 8%
Calcium: 3%	Iron: 3%	Potassium: 5%

Modified from original source: <http://www.bettycrocker.com/Recipes/> accessed 11/26/07
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