

ROASTED BEET AND BROCCOLI SALAD

Ingredients:

3 medium beets, cut into cubes
1 can (398 mL) miniature corn cobs, cut
1 medium broccoli bunch, chopped
Half a package (454 g) firm tofu, cubed
3 green onions, chopped
¾ cup olive oil
1 tsp sesame seeds
1 tsp rosemary
Salt
Pepper

Instructions:

- Preheat the oven to 375 F.
- Grease a medium iron pan (or a shallow roasting pan) with oil. Add all the ingredients (except the green onion) to the pan and make sure they are all coated with the oil.
- Roast in the oven for 50 minutes. Check from time to time to make sure the vegetables do not burn.
- Cool before serving. Add the green onions as a garnish.

Serves 4



Tip: try not to waste food if you don't have to. For example, cook beets with their peel, or include the broccoli stalks in the recipe rather than throwing it all away. Alternatively, you can use the broccoli stalks with one of our famous dip recipes (e.g. *Pea Hummus*).

Good to know

Edible vegetable and fruit peels are very nutritious, containing lots of fibre as well as vitamins and minerals. Go ahead and enjoy.