

Root Lollipops with Gremolata Dip

Servings: 8

4 turnips

4 beets

1 tablespoon extra virgin olive oil

1 tablespoon maple syrup

For gremolata dip

1 cup walnuts

1 cup fresh parsley

1 clove garlic

1 teaspoon honey

1/2 fresh lemon juice

1 tablespoon mustard

Scrub roots well and peel only if necessary. Younger bulbs have tinner, more edible skins. Heat oven to 400F

Lay on a baking sheet lined with parchment and drizzle with oil and maple syrup. Turn once to coat. Bake 10-20 minutes or until fork tender but not soft

Allow to cool slightly and then pierce with a lollipop stick or skewer.

Stand up into florists foam set into a low vase or serving dish.

Make dip in a blender with remaining ingredients. Serve in small dishes for spooning onto vegetables.

Root Vegetables aren't just for dinner anymore. They can be roasted in a flash and served on lollipop sticks with dip to make them a perfect centerpiece for the breakfast table and an nice alternative to potato homefries. Find the smallest/youngest roots.

Per Serving (excluding unknown items): 161 Calories; 11g Fat (55.6% calories from fat); 5g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 101mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.