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## Seasonal Potato Salad

### *For the Salad*

1 ½ pounds	small baby potatoes; washed well and halved or quartered
½ pound	new carrots, washed well and halved or quartered
½ pound	parsnips, washed well and halved
6	shallots, medium, peeled
¼ cup	extra virgin olive oil
¼ tsp	sea salt
2 bunches	green onions, halved lengthwise

### *For the Dressing*

2 tbsp	red wine vinegar
1	shallot, small, minced
2 tsp	whole grain mustard
¼ tsp	sea salt
1/3 cup	extra virgin olive oil

Preheat oven to 375F. In a large bowl, toss the potatoes, carrots, parsnips, and shallots with ¼ cup olive oil and ¼ tsp sea salt. Coat well, and spread out on a large baking sheet in a single layer. Add the green onions to the residual oil in the bottom of the bowl. Make a space on the baking sheet to add onions to a corner (they don't need as long to roast).

Check veggies at around 20 minutes; the green onions should be ready to be removed around then. Flip the rest of veggies, continue to cook for another 20-40minutes, flipping regularly. Bake until golden and roasted and tender.

Meanwhile, start the dressing by pouring the red wine vinegar in a small bowl over the chopped remaining shallot. Let sit for 20 minutes before continuing. Whisk in mustard and salt, then slowly whisk in olive oil. Taste and adjust seasonings accordingly.

When root veggies are done, transfer to a bowl and toss with the dressing and half the green onions. Top with remaining roasted green onions. Sunflower seeds may also add some nice crunch. Serve on a bed of greens or wild rice.

*Adapted from Heidi Swanson, 101cookbooks.com*

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## Nutritional Value of Select Ingredients

**Carrots** – Carrots are one of the best sources of beta carotene, which balances the immune system and reduces the risk of many cancers. They also guard against cardiovascular disease, reduce inflammation, slow the aging process, and are great for digestion disorders. Contain fibre, calcium, iron, and many other vitamins and minerals.

**Shallots** – Because they are high in sulfur, shallots (a member of the onion family) help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic. Really you can't go wrong! Eat them daily – raw or cooked.