

BRAISED VEGETABLES



DIFFICULTY
EASY



TIME
1 HOUR



SERVES
4

INGREDIENTS

- 2 Tbsp olive oil
- 2 large carrots
- 1 small rutabaga (turnips or beets may be substituted)
- 1 small fennel bulb
- 1 bunch of radishes
- ½ red onion
- ½ head savoy cabbage (about 4 heaping cups)
- 6-8 sprigs thyme
- ½ tsp salt
- ¼ tsp fresh cracked pepper
- 4 garlic cloves
- ¾ cup white wine (low sodium broth may be substituted)

DIRECTIONS

1. Prepare the veggies. Slice the carrots on a diagonal into ¼ inch slices; peel the rutabaga, cut in half length-wise, and slice into ¼ inch halfmoons; remove the fennel fronds (save for stock!), cut in half length-wise, remove the hard part of the core, and cut into ½ inch wedges; remove the greens from the radishes, wash and pat dry, and cut in half length-wise; slice the onion into ¼ inch pieces; rough chop the cabbage; thinly slice the garlic cloves.
2. Heat oven to 350° F.
3. In a large, deep oven-safe skillet or French/Dutch oven, heat the olive oil over medium heat. Add the carrots, rutabaga, fennel, radishes, onion, cabbage, thyme, salt and pepper to the skillet and cook for about 8-10 minutes, stirring occasionally, until the veggies have a golden char on them.
4. Stir in the garlic and then add the white wine, stirring so all the veggies are coated.
5. Cover and braise in the oven for 25-30 minutes until the veggies are soft, but not mushy. Remove the thyme stems before serving.

NUTRITION FACTS PER SERVING

Calories: 173 **Fat:** 7.4g (**Saturated Fat:** 1g) **Carbohydrates:** 21.6g **Fiber:** 7.8g **Sugar:** 8.1g
Protein: 4.1g **Sodium:** 399mg



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