



Elliott Evans Nutrition, LLC
Prevent and Protect
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ROAST SWEET PEPPERS AND CARROTS WITH ORANGE AND HAZELNUTS

Serves 4

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- 2 small orange bell peppers, halved and seeded
 - 5 medium carrots, trimmed, scrubbed, and halved
 - 2 tablespoons olive oil, plus more for drizzling
 - Coarse salt and freshly ground pepper
 - 1 navel orange, peel and pith removed, sliced
 - 1 Clementine, peel and pith removed, sliced
 - ¼ cup fresh goat cheese
 - ¼ cup toasted hazelnuts, chopped
 - 1 tablespoon sherry vinegar
- Preheat oven to 425 degrees. On a rimmed baking sheet, drizzle peppers and carrots with olive oil and season with salt and pepper. Roast, flipping once, until golden brown and tender, about 20 minutes.
 - Arrange roasted carrots and peppers with the oranges on a platter. Top with goat cheese and hazelnuts. Whisk vinegar and remaining 2 tablespoons of oil; season with salt and pepper. Drizzle over vegetables.