Roasted Carrot & Cauliflower Salad

Serves: 4 | Total Time: 30 minutes

Add a handful of fresh herbs—try dill, mint, and cilantro—to your salad greens and watch the flavor blossom.

Preheat the oven to 450°F. • Toss the carrots and cauliflower with 1 Tbs. of the olive oil on a rimmed baking sheet. Roast until lightly browned in spots, 15-20 minutes. Remove and allow to cool. • In a large bowl, whisk the yogurt, vinegar, garlic, and soy sauce with the remaining 2 Tbs. of olive oil. • Toss the salad greens and chickpeas with the dressing. Top with the carrots and cauliflower.

Per Serving (3 cups): calories 230 | sodium 250 mg | total fat 11 g | sat fat 1.5 g | carbs 28 g | protein 8 g | fiber 9 g

Roasted Peppers & Scallions Salad

Serves: 4 | Total Time: 20 minutes

The tahini (sesame paste) dressing makes a great topping for steamed vegetables.

Preheat the oven to 450°F. • Toss the peppers and scallions with 1 Tbs. of the olive oil on a rimmed baking sheet. Roast until lightly browned in spots, 12-15 minutes. Remove and allow to cool. • In a large bowl, whisk the tahini, lemon juice, garlic, and soy sauce with the remaining 1 Tbs. of olive oil. • Toss the salad greens with the dressing. Top with the peppers and scallions.

Per Serving (2 cups): calories 150 | sodium 170 mg | total fat 9 g | sat fat 1.5 g | carbs 15 g | protein 5 g | fiber 6 g

Roasted Broccoli & Butternut Salad

Serves: 4 | Total Time: 20 minutes

Cut the butternut squash into small cubes (less than ½”). They’ll roast more quickly that way.

Preheat the oven to 450°F. • Toss the broccoli and butternut squash with 1 Tbs. of the canola oil on a rimmed baking sheet. Roast until lightly browned in spots, 12-15 minutes. Remove and allow to cool. • In a large bowl, whisk the soy sauce, vinegar, sesame oil, peanut butter, and ginger with the remaining 1 Tbs. of canola oil. • Toss the salad greens with the dressing. Top with the broccoli and butternut squash.

Per Serving (2 cups): calories 160 | sodium 180 mg | total fat 10 g | sat fat 1 g | carbs 16 g | protein 5 g | fiber 6 g