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Warming Roasted Veggie Bowl with Sweet Onion Dressing

Prep time: 15 minutes

Servings: 4

Like every Winter, we crave dinners that are filling, warming, and comforting without being full of the bad stuff. For this dinner our goals were just that: to create a big bowl of comfort anyone could enjoy. This roasted veggie and rice bowl topped with a lactose free sweet onion dressing has the perfect flavors of sweet from the dressing and tangy from the blistered tomatoes.

Green Valley Creamery

Ingredients

For the Dressing:

1 cup plain Lactose Free Green Valley Creamery Whole Milk Yogurt

2 tablespoons butter

1 large onion, diced

2 tablespoons white balsamic vinegar

Salt and pepper to taste

For the Veggies:

1 cup of cherry tomatoes

1/2 head of broccoli

1 bunch of asparagus, chopped

1 orange bell pepper, chopped into about 1 inch pieces

Instructions

For the Dressing:

1. Heat butter in a skillet on medium heat.
2. Add chopped onions with salt and pepper to taste.
3. Cook onions on low for about 10 minutes or until golden brown and soft.

4. Add onions to food processor or blender. Add in Green Valley Creamery Lactose Free Yogurt, vinegar, and a fair amount of pepper.

For the Veggies:

1. Preheat oven to 425 degrees.
2. Toss veggies in olive oil, salt and pepper, garlic, balsamic vinegar, and smoked paprika.
3. Place veggies on a a baking sheet lined with foil.
4. Put in oven and bake for 15 minutes or until crispy and browned.