



Makes 9 cups
Preparation Time: 30 minutes
Cook Time: 45 minutes

INGREDIENTS:

½ of a 12- to 14-oz. pkg. extra-firm light silken tofu

2 tablespoons coarse-ground mustard

1 tablespoon lemon juice

2 teaspoons pure maple syrup

1 teaspoon smoked paprika

3 medium red potatoes, cut into ½-inch cubes (1 lb.)

2 medium sweet potatoes, cut into ½-inch cubes (1 lb.)

1 medium onion, coarsely chopped

2 carrots, cut into ½-inch cubes

2 parsnips, peeled and cut into ½-inch cubes

2 medium beets, peeled and cut into ½-inch cubes

8 oz. Brussels sprouts, quartered (2 cups)

Sea salt and freshly ground black pepper, to taste

Chopped fresh thyme (optional)

Roasted Vegetable Breakfast Hash

Enjoy this colorful mustard-infused hash on its own or, for extra heartiness, serve over cooked farro or wheat berries. Spread leftover hash over store-bought whole wheat pizza crusts and hummus for easy, delicious flatbreads.

By Nancy Macklin, RDN

- 1 Preheat oven to 400°F. Line two rimmed baking sheets with parchment paper or silicone baking mats. For mustard sauce, in a small food processor or blender combine tofu, mustard, lemon juice, and maple syrup. Cover and process until very smooth. Place 2 tablespoons sauce in a small bowl with 2 tablespoons water and the paprika. Reserve remaining mustard sauce.
- 2 In a large bowl combine the next five ingredients (through parsnips). Drizzle with most of the diluted paprika sauce. Place in prepared baking sheets, leaving an area for beets. Place beets in the same bowl and toss with remaining paprika sauce; place in baking sheet. Roast vegetables 20 minutes.
- 3 Sprinkle Brussels sprouts over vegetables in baking sheets, stirring to mix. Roast 20 to 30 minutes more or until all vegetables are tender and starting to brown.
- 4 In a large serving bowl combine all vegetables. Add ¼ cup water to the reserved mustard sauce and drizzle over vegetables. Season with salt and pepper.
- 5 Serve hash topped with fresh thyme, if desired. Cool any leftovers and refrigerate in an airtight container up to 3 days.