

Double Onion, Kielbasa & Potato Roast with Mustard Sauce

Woman's Day Magazine - Feb 17, 2010
www.WomansDay.com.com

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

MUSTARD SAUCE

1/2 cup reduced-fat sour cream

2 tablespoons country-style Dijon mustard

1 tablespoon water

VEGETABLES AND ROAST

2 leeks, chopped

1 large sweet onion, cut into 1/2-inch-thick wedges

4 teaspoons oil

4 carrots, cut into 1 1/2-inch pieces

5 medium Yukon Gold potatoes, cut lengthwise in quarters then halved crosswise

1/4 teaspoon salt

1/4 teaspoon pepper

1 14-ounce turkey or beef kielbasa, cut in 2-inch pieces then halved lengthwise

Position the racks to divide the oven in thirds.

Preheat oven to 500 degrees.

Line two rimmed baking pans with nonstick foil.

In a bowl, combine the sour cream, Dijon mustard and water. Set aside and chill.

Toss the leeks and onion with two teaspoons of the oil on one baking pan.

Toss the carrots and potatoes on the other pan with the remaining two teaspoons of oil.

Sprinkle all with salt and pepper.

Place the onions on the top rack of the oven.

Place the carrots and potatoes on the bottom rack.

Roast for 15 minutes.

Remove the pans from the oven. Toss the vegetables on both pans.

Add the kielbasa to the carrots and potatoes. Return the pans to the oven.

Roast for 15 minutes more until the vegetables are tender.

Toss the kielbasa with the vegetables.

Serve with the sauce to pass.

Per Serving (excluding unknown items): 197 Calories; 5g Fat (21.8% calories from fat); 4g Protein; 35g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 175mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 1 Fat.