



Cedar Wrapped Roasted Vegetable Bouquets



Herb butter coated asparagus, carrots, and bell peppers, arranged in a cedar wrap and roasted in the oven.

Course Side Dish
Cuisine American
Keyword asparagus, carrots, cedar wraps, dinner, entertaining, grilling wraps, herb butter, party food, peppers, rustic, side dishes, vegetables

Prep Time 15 minutes
Cook Time 20 minutes
Total Time 35 minutes

Servings 4
Calories 85 kcal
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Note from Susan:

I add fennel and dill and double the butter.

Ingredients

Special Equipment

- 4 cedar wraps

Ingredients

- 1 carrot
- 1 red bell pepper
- 1 yellow bell pepper
- 1/2 pound asparagus
- 2 tablespoons butter melted
- 1 tablespoon chopped fresh flat leaf parsley
- salt
- pepper

Instructions

1. Preheat oven to 400 F. Prepare the cedar wraps by soaking in white wine for 10 minutes. Trim the woody ends from the asparagus and slice the bell peppers. Use a vegetable peeler to shave long, thin slices from the carrot. Stir the chopped parsley into the melted butter.
2. Lay out the soaked cedar wraps and divide the vegetables evenly between them. Drizzle the vegetables equally with herb butter, paying special attention to any exposed ends that stick out from the wrap, then season with salt and pepper.
3. Close up the wraps and tie each one with kitchen string. Place on a baking pan and roast in the oven for 15 minutes, or until vegetables are crisp tender.

Nutrition Facts	
Cedar Wrapped Roasted Vegetable Bouquets	
Amount Per Serving	
Calories 85	Calories from Fat 45
% Daily Value*	
Fat 5g	8%
Saturated Fat 3g	19%
Cholesterol 15mg	5%
Sodium 63mg	3%
Potassium 289mg	8%
Carbohydrates 7g	2%
Fiber 2g	8%
Sugar 3g	3%
Protein 2g	4%
Vitamin A 4140IU	83%
Vitamin C 96.7mg	117%
Calcium 22mg	2%
Iron 1.5mg	8%
* Percent Daily Values are based on a 2000 calorie diet.	