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## Roasted Veggie with Dijon Drizzle



[Double Fiber Wheat\\*](#)

**Total Time:**

50

MIN

**Number of Ingredients:**

11

**Servings:**

4

**Level:**

Medium

**Ingredients:**

1 pound small to medium carrots, peeled

1 large onion, cut in ½-inch wedges

1 medium bell pepper, cut in ½-inch strips

2 teaspoons extra virgin olive oil, divided

¼ teaspoon salt

¼ teaspoon pepper

1 small bunch asparagus, tough stalks removed

2 tablespoons Dijon mustard

2 teaspoons honey

2 teaspoons chopped fresh thyme or ¼ teaspoon dried thyme

8 slices Nature's Own Life Double Fiber Wheat Bread, toasted

**Instructions:**

Heat oven to 425° F. Cut thick carrots in half lengthwise.

Place carrots, onion and bell pepper on baking sheet; toss with olive oil, salt and pepper.

Roast 10 minutes. Stir in asparagus.

Continue roasting 10 to 15 minutes longer or until vegetables are beginning to brown and are tender. Cool 10 minutes.

Meanwhile, stir together mustard, honey and thyme.

Spread 4 slices toast with 1 teaspoon mustard mixture each.

Divide vegetables evenly over toast; drizzle remaining mustard mixture over vegetables.

Top with remaining slices of toast.

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