



WE'RE PLEASED TO ANNOUNCE
THE START OF SOMETHING
REAL GOOD



100 mg

CARROT SEEDS
GRAINES DE CAROTTE



EAT FOR REAL.™

SOURCE OF
OMEGA-3
NUTRIENT



YOUR HELLMANN'S® URBAN GARDEN IS ONLY A FEW MONTHS, AND A FEW BLOCKS, AWAY.

Hellmann's is turning an uninspiring street corner near you into an urban vegetable garden.

If you, your family or your group is interested in receiving a free garden plot for the summer, with everything you need to get a real garden going, please visit www.hellmanns.ca

Why Hellmann's? Because Hellmann's Real Mayonnaise is a perfect companion for everything real. Made with eggs, canola oil and vinegar, it's a good source of omega-3 and is trans fat free.

To learn more about Hellmann's Urban Gardens, or to apply for your chance to win a free garden plot, visit www.hellmanns.ca



OVEN-ROASTED ROOT VEGETABLES

- 1 1/2 cup (75 mL) Hellmann's Real Mayonnaise
- 2 lbs (2 kg) assorted root vegetables (carrots, parsnips, beets, onions and/or sweet potatoes) peeled and cut into bite-sized pieces
- 10 peeled garlic cloves
- 1 tbsp (15 mL) chopped fresh rosemary
- 1/4 tsp (1 mL) coarsely ground black pepper

Preheat oven to 425°F (220°C). In a large bowl, combine all ingredients until vegetables are well coated. In a large, shallow roasting pan or jelly-roll pan, evenly spread vegetables. Roast, stirring occasionally, for 35 minutes or until vegetables are tender and golden. Sprinkle, if desired, with chopped fresh parsley.

Makes 4 servings
Prep Time: 15 minutes
Cook Time: 35 minutes

For more great recipes, visit hellmanns.ca

No purchase necessary. Contest closes 11:59:59 PM, EST May 9, 2012. Maximum one entry per person per day. Open to residents of participating cities of legal age. Approximate prize value \$500-\$1,000 each. See www.hellmanns.ca for further details.

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