



ROASTED ROOT VEGETABLES

From the Kitchen of: JJ McKillop, Community Member

Preparation Time: 30 minutes | **Cook Time:** 30-40 minutes | **Yield:** 3-5 small plates
Common Allergens: Milk (Optional)

"There is nothing as delicious or easy as salty caramelized roasted root vegetables. This recipe is a family favorite in the wintertime, especially when we have root vegetables left from our fall garden harvest," says JJ. This dish can be made with a variety of root vegetables, making it a fun and flexible way to use produce available from the farmers market in the winter.

INGREDIENTS:

- 1-3 potatoes, cut into 1/2 to 1-inch cubes
- 1-2 carrots, cut into 1/2 to 1-inch slices
- 1 large onion, peeled and cut into eight pieces
- 1-4 garlic cloves, peeled
- Other root vegetables as desired, such as beets, turnips, parsnips, sweet potatoes, or radishes, cut into 1/2 to 1-inch cubes
- 1/4 cup olive oil, divided
- 1 Tablespoon salt or garlic salt, to taste
- 1 teaspoon fresh ground black pepper
- Half a head of cabbage, sliced into 1/2 inch wedges (or other brassicas, such as cauliflower, broccoli, or brussels sprouts)
- 2-3 cups (about 8 ounces) whole mushrooms
- Creamy sauce, such as sour cream mixed with a little horseradish and salt (optional)

INSTRUCTIONS:

- Preheat oven to 400° F.
- Put the potatoes, carrots, garlic cloves, onions, and other root vegetables (except the brassicas or mushrooms) in a large bowl. Coat in 2-3 Tablespoons of olive oil, then toss the vegetables until they are evenly coated.
- Sprinkle with salt and pepper to taste, then toss again.
- Spread the vegetables on a large baking sheet, in a single even layer. Use a second baking sheet, if needed.
- Bake the vegetables for 15-20 minutes, until they look mostly done but are not yet browned. Do not stir.
- While the root vegetables bake, toss the cabbage and mushrooms in the same large bowl with the remaining olive oil, salt, and pepper, until they are evenly coated.
- Once the root vegetables have begun to brown (after about 15-20 minutes), spread the cabbage and mushrooms on a second large baking sheet, then put them in the oven to bake with the other vegetables.
- Bake everything together for around 10 minutes, until the vegetables are caramelized, and the cabbage is cooked through.
- Serve the vegetables together in a bowl and top with a creamy sauce, such as sour cream mixed with a little horseradish and salt, mayonnaise, or ranch dressing. They are also delicious on their own!

DID YOU KNOW? The green tops of many root vegetables, such as beets, carrots, turnips, and radishes are edible! To use them in this recipe, remove them from the root, clean them, chop them into bite-sized pieces, and toss with the cabbage and mushrooms.