

Maple Roasted Root Vegetables

The maple syrup highlights the natural sugars of root vegetables. Vary the root vegetables to include beets and potatoes. Maple Roasted Root Vegetables are an excellent way to utilize regional, seasonal ingredients. Meal suggestion: Maple Roasted Root Vegetables, Grilled Chicken Breast or Hamburger, Sautéed Spinach and Apple Slices for dessert.

2.5 pounds peeled and chopped sweet potato
2 pounds peeled and chopped turnip
2 pounds peeled and chopped parsnip
2 pounds peeled and chopped carrots
1.5 pounds onions, chopped (be sure to leave in chunks, not finely chopped)
1 cup maple syrup
½ cup olive oil
Sea salt and fresh pepper

Spray a baking sheet with cooking spray. In large bowl, whisk together the maple syrup and olive oil. Coat the vegetables with the mixture and season to taste with sea salt and fresh pepper.

Roast the vegetables in a preheated 450 degree oven until the vegetables are tender, about 35 minutes. Stir and shake the vegetables every few minutes to cook evenly. Season to taste again with sea salt and fresh pepper. Makes about 25 servings.

166 calories, 2 grams protein, 30 grams carbohydrates, 5 grams fat, 53 mg. sodium, 4.5 grams fiber 200% Vitamin A; 41% Vitamin C; 19% Vitamin K.

Cheryl Wixson's Kitchen is a non-profit organization dedicated to teaching people the joys and benefits of healthy eating and cooking utilizing regional products while supporting a sustainable environment. For more information, visit our website at:

www.cherylwixsonskitchen.org