

TRADITIONAL FOODS FOCUS

In partnership with



Roasted Squash and Root Vegetables with Maple Syrup

35 minutes

Deidre Millar

Ingredients (serves four)

- 1 winter squash, butternut or koginut are good options
- 1 or 2 carrots
- 1 or 2 parsnips
- 1 1/2 tbsp of olive oil
- 1 1/2 tbsp of maple syrup
- 3/4 tsp cinnamon
- 1/2 tsp pepper
- 1 3/4 tsp of kosher salt
- Fresh or dried Rosemary



Instructions

1. Preheat the oven to 400 degrees.
2. If you have a butternut squash, cut the ends off and peel it using either a paring knife or vegetable peeler. If you have a koginut squash (see photo to the right), the skins are edible so you do not need to peel it. Remove seeds and discard.
3. Cube squash, carrots, and parsnips into 1 1/2" cubes.
4. Toss in a bowl with seasoning mix (maple syrup, olive oil, pepper, salt, and cinnamon).
5. Spread onto a parchment-lined baking sheet and place in preheated oven. Cook for 10- 15 minutes. Remove and using a spatula, carefully flip the vegetables on the tray and place back into the oven for an additional 10 to 15 minutes, or until soft and caramelized.
6. Remove from oven, sprinkle with fresh or dried rosemary and serve. Enjoy!



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>