



trifit

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Roasted Autumn Roots

Enjoy the fresh, local roots that are abundant at this time of year. Roasting vegetables is the autumn version of summer time grilling.

INGREDIENTS

5 lb (2.27Kg) of assorted root vegetables: Sweet potato, butternut squash, shallots, onions, parsnips, carrots, celery root (aka celeriac), peeled and cut into chunks of approximately equal size
3 Tbsp (45mL) olive oil
1-2 Tbsp (15-30mL) chopped fresh herbs, (rosemary, thyme, sage)
or 1 ½ tsp (7mL) dried
1 tsp (5mL) sea salt
Few cracks of black pepper

DIRECTIONS

Toss vegetables in a large bowl with olive oil and herbs.
Spread onto a large rimmed baking pan and sprinkle with salt and pepper.
Bake for 45 minutes, or until tender and starting to caramelize, tossing every 15 minutes. Allow to cool for 5 minutes before serving.
Serve as a side dish or as a snack, crumbled with a little goat cheese and a sprinkle of toasted pumpkin seeds.

Make it into a soup! Place cooked veggies (hot or cold) into a food processor or blender and start by adding 2 cups of chicken or vegetable broth. Blend on high until smooth, adding more broth if needed to achieve a desired thickness. Re-heat the soup in a pot on medium and serve warm.
Serves 8

Nutrition info unavailable.

Source: Tri Fit recipe collection