

Roasted Root Vegetables (and Squash)



Serves 6

INGREDIENTS

3 carrots, peeled, large dice or 1-inch chunks (roll-cut works well)

1 butternut squash, peeled, seeded, large dice (can use pre-cut squash)

2 parsnips, peeled, large dice (or 6 small red potatoes, halved or quartered)

1 red onion, large dice

1 tablespoon (15 milliliters) olive oil, optional*

2 (4-inch/10-centimeter long) sprigs rosemary

¼ teaspoon (1.25 milliliters) kosher salt, or to taste

Freshly ground black pepper, to taste

The root vegetables listed here are only a suggestion—use whatever looks good at the market! Of note, squash is not a root vegetable, but any winter squash can also be cooked using this technique and generally takes the same amount of time to cook as root vegetables.

INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. Place all vegetables in a large mixing bowl and toss with olive oil, rosemary, salt, and pepper.
3. Place in middle of oven and roast until fork-tender, stirring every 15 minutes or so while cooking. It will take about 45 minutes to cook, but cooking time can vary.

NOTES

- Make sure all vegetables are cut roughly the same size to ensure even cooking.
- *For those who want to omit oil, substitute ½ tablespoon water or broth to help the herbs and seasonings stick. Make sure to roast on a silicone mat or piece of parchment paper to prevent sticking. Vegetables roasted without oil will not develop the same type of crisped, brown edges as those cooked with oil. By the time vegetables cooked without oil begin to brown, they are also drying out and should be tested to check for doneness and texture.

Nutritional Info (per ⅓ recipe): Calories 114, Total Fat 2.7 g, Saturated Fat 0.4 g, Cholesterol 0 mg, Sodium 109.6 mg, Total Carbohydrate 22.9 g, Dietary Fiber 5.3 g, Sugars 6.3 g, Protein 1.9 g, Vitamin A 78%, Vitamin C 48%, Calcium 8%, Iron 6%

▶ To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.