

FALL IN LOVE WITH ROOT VEGETABLES



Roasting root vegetables in the fall brings out their natural sweetness and creates a hearty, delicious dish that's perfect for the season. Enjoy these roasted veggies as a side dish, add them to salads, or use them in various recipes to elevate your fall dining experience.

Ingredients

- Carrots, peeled and cut into chunks
- Sweet potatoes, peeled and cut into chunks
- Red onion, peeled and cut into wedges
- Butternut squash, peeled, seeded, and cut into chunks
- Olive oil
- Salt and pepper
- Fresh rosemary or thyme, chopped
- Balsamic glaze (optional)



Directions

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, toss the cut vegetables with olive oil to coat.
3. Season with salt, pepper, and chopped herbs. Toss again.
4. Spread the vegetables on a baking sheet in a single layer.
5. Roast in the oven for about 25-30 minutes, stirring halfway through.
6. Once tender and caramelized, remove from the oven.
7. Drizzle with balsamic glaze if desired and serve as a flavorful side dish.

