

Roasted Root Vegetables

Ingredients:

8 Tablespoons Olive Oil
1 Pound Sweet Potatoes, Peeled, Cut Into 1 1/2 Inch Pieces
2 Cups Rutabagas, Peeled, Cut Into 1 Inch Pieces
2 Cups Parsnips, Peeled, Cut Into 1 Inch Pieces
1 Turnip, Peeled, Cut Into 1 Inch Pieces
2 Red Onions, Peeled, Cut Into Wedges
2 Tablespoons Fresh Thyme, Chopped
2 Tablespoons Fresh Rosemary, Chopped
Salt And Pepper

Dressing:

4 Tablespoons Olive Oil
4 Tablespoons Balsamic Vinegar
1/2 Cup Fresh, Chopped Parsley
1 Teaspoon Grated Lemon Rind, Chopped
Salt And Pepper

Directions:

Preheat the oven to 425 degrees F. Cover two large baking sheets with aluminum foil. In a large bowl, mix together the vegetables, fresh herbs, salt and pepper, and 8 tablespoons of olive oil. Mix well so the vegetables are lightly coated in the oil. Lay the vegetables on the prepared baking sheets, and roast in the hot oven for 45 to 50 minutes, turning occasionally, or until the vegetables are browned and fork tender. Remove from the oven and allow the vegetables to come to room temperature.

Mix together the dressing ingredients, and drizzle the dressing over the vegetables. Toss to mix. Serve

From the kitchen of Chef Leo Pantel
Executive Chef at the Conexus Arts Centre

