



FRESH CONNECT BUCKS COUNTY

recipe

Oven Roasted Potatoes Rutabaga, Carrots and Butternut Squash

NAME OF DISH

INGREDIENTS

3 Carrots, Peeled and Chopped
1 Medium Yellow Onion, Sliced
3 Medium Yellow Potatoes or 2 Large Sweet Potatoes
1 c Rutabaga, Peeled, Chopped
2 c Butternut Squash, Peeled, Seeded and Chopped
2 Tbsp Extra Virgin Olive Oil
¼ tsp Salt
½ tsp Garlic Powder
¼ tsp Ground Black Pepper
½ tsp Paprika
½ tsp Cumin
1 tsp Brown Sugar

Any other root vegetables on hand

INSTRUCTIONS

Cover a large cookie sheet with aluminum foil and spray with an olive oil flavored, non-stick cooking spray. Preheat the oven to 450F. Peel, chop, and seed the vegetables as necessary—making sure to cut the pieces into similar sizes. The carrots and the rutabaga require longer cooking times to reach the same texture during roasting as the softer vegetables, so either plan to cut them into smaller pieces or roast them for about 10 minutes before adding the other vegetables. Combine all of the dry ingredients in a small mixing bowl and stir with a fork to thoroughly combine. Pour the oil over the vegetables and toss to coat them evenly. Sprinkle half of the seasoning mixture over the vegetables, toss slightly, and then sprinkle on the other half of the seasonings. The goal is to coat all sides with oil and seasoning mixture. Place the vegetables evenly on the roasting pan or cookie sheet. Roast for approximately 20-25 minutes, turning every ten minutes, or until desired tenderness is reached.

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