

## Roasted Root Vegetables

### Ingredients

- 1 winter squash and/or sweet potato
- 2 parsnips
- 2 carrots
- 2 turnips or 1 large rutabaga
- 1 daikon radish
- 1-2 beets
- 1-2 Tbsp olive oil
- Salt and pepper to taste
- Herbs: rosemary, thyme or sage (fresh if possible)



### Directions

Preheat oven to 375 degrees.

Wash and chop all vegetables into large bite-sized pieces. Place in a large baking dish with sides. Drizzle with olive oil; mix well to coat each vegetable lightly. Sprinkle with salt, pepper and herbs.

Bake covered for 25-35 minutes, until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking.

Note: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.



# Spicy Roasted Squash Seeds

*Squash seeds are a good source of protein and zinc, important to a healthy immune system.*

*Roasting seeds is a simple three-step process: first you dry them, then you season them, then you bake them. You can air-dry squash seeds by placing them in a single layer, on top of a sheet of paper towels or parchment paper. Once they are dry, put a ½ cup of the seeds in a small bowl and mix with the ingredients below:*

## Ingredients

½ Tbsp brown sugar  
½ tsp sea salt  
½ tsp ground pumpkin spice (nutmeg, ginger)  
½ tsp chipotle chili powder  
1 tsp sunflower oil

## Directions

Preheat oven to 325 degrees.

In a small bowl containing a half-cup of the dried squash seeds, mix all of the ingredients well. Set aside.

Line a baking sheet with a sheet of parchment paper or a sheet of foil. Place the seasoned seeds on the lined baking sheet in a single layer. Bake for 10 minutes, then stir/turn the seeds and bake 10 minutes more. Using an oven mitt, remove the tray of seeds from the oven. Let cool slightly to serve warm, or store at room temperature in an airtight container.

Note: You can add just about any seasonings to squash seeds! Try an Italian blend of dried rosemary, basil and thyme. Or try a sweet mix of cinnamon and brown sugar. In every mixture, I like to add at least a ½ teaspoon of sea salt.

