

Recipe of the Week

October 15, 2018



Roasted vegetable medley

Are all those veggies piling up in your fridge? Put them to good use with this roasted vegetable medley! It's simple to prepare, and has a perfect blend of savory and sweet.

Ingredients

- 2 tablespoons olive oil, divided
- 1 large yam, peeled and cut into pieces
- 1 large parsnip, peeled and cut into pieces
- 1 cup baby carrots
- 1 zucchini, cut into slices
- 1 bunch fresh asparagus, trimmed and cut
- 1/2 cup roasted red peppers, cut into pieces
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Directions

1. Preheat oven to 425 degrees. Grease 2 baking sheets with 1 tablespoon olive oil.
2. Place the yams, parsnips and carrots onto the baking sheets. Bake in the preheated oven for 30 minutes, then add the zucchini and asparagus, and drizzle with the remaining 1 tablespoon of olive oil.
3. Continue baking until all the vegetables are tender, about 30 minutes more. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet.
4. Toss the roasted peppers together with the garlic, basil, salt and pepper in a large bowl until combined. Add the roasted vegetables, and toss to mix. Serve at room temperature or cold.

Recipe adapted from All Recipes