

Roasted Vegetables

Bay Aranac



Ingredients

- 1 rutabaga
- 1 parsnip
- 1 turnip
- 1 acorn squash
- 1 cup dried cherries
- 1 Tbsp. honey
- 1 Tbsp. olive oil
- 1 tsp cayenne pepper
- Salt and pepper to taste
- 1 Tbsp. fresh thyme
- 1 Tbsp. fresh rosemary

Directions

Wash and peel vegetables, cut into about one-inch squares. Combine vegetables and cherries. Combine honey and olive oil and drizzle over vegetables, toss to coat. Sprinkle cayenne pepper and chopped thyme and rosemary.

Bake at 350 degrees for 25-30 minutes, stirring every 15 minutes. Cook until desired tenderness.

Nutritional Information

Calories per serving	180
Total Fat	5g
Saturated Fat	1g
Cholesterol	0
Sodium	23mg
Total Carbohydrates	34g
Dietary Fiber	2g
Protein	1gm

Servings 6