

# Recipe

## Maple Roasted Autumn Vegetables

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- 1 medium butternut squash, peeled, seeded and chopped
- 1 large red beet, peeled and chopped
- 3 tablespoons olive oil
- 1-1/2 teaspoon kosher salt
- 2 teaspoons ground cinnamon
- 1 tablespoon pure maple syrup\*

For Serving:

- Zest of 1 orange, optional
- Dried oregano
- Toasted walnuts
- Pistachios

Preheat oven to 400°. Peel and chop the butternut squash and the beet into 1/2" cubes. Place them in a mixing bowl and add oil, salt, cinnamon, and maple syrup. Toss well using your hands and make sure the veggies are all evenly coated. Lay the vegetables on a large baking sheet in a single layer. Roast vegetables for 40 to 50 minutes, stirring once half-way through roasting. Place oven on the broil setting for 3 to 5 minutes in order to crisp up the veggies. Remove from the oven and sprinkle with dried oregano, orange zest, and additional salt if desired. Serve with toasted walnuts and pistachios.

Adapted from: [www.theroastedroot.net](http://www.theroastedroot.net)



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