

# Maple and Mustard Roasted Root Vegetables

## INGREDIENTS

**5 cups coarsely chopped root vegetables of your choice (turnip, parsnip, rutabaga, carrot, potato, sweet potato, beets)**

**½ cup coarsely chopped onion or 20 pearl onions, peeled**

**2 tbsp olive oil**

**½ tsp salt**

**¼ tsp pepper**

**¼ cup maple syrup**

**2 tbsp Dijon mustard**

**½ tsp garlic powder**

1. Preheat oven to 425°. Toss vegetables and onions with olive oil, salt and pepper in a baking pan. Place in oven and roast for 20 minutes, then remove and toss again. Cook 15 minutes more, remove and toss, and cook another 15 minutes.
2. Combine syrup, mustard and garlic powder in a small bowl. Drizzle over the vegetables and mix to coat well. Cook until all vegetables are soft (beets and potatoes take the longest) and glaze starts to caramelize.

Yields six servings

Source: Reprinted with permission from the Vermont Maple Sugar Makers Association

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