



ALASKA CENTER FOR ACUPUNCTURE

Roasted Root Vegetables

Use any combination of the following: carrots, beets, any variety of potatoes, sweet potatoes, squash, turnips, celery, onion and garlic.

You can peel whatever you like, but I usually leave skins on the potatoes and carrots. Chop veggies into bite sized pieces. I chop the onions but leave the garlic in whole cloves. Toss with olive oil, sea salt, fresh cracked pepper to taste.

Cover and cook veggies in a large casserole dish for about an hour at 375 degrees or until veggies are soft, approximately 1 hour. Makes a great side dish and also works well for reheating in a crock pot the next day.

Variations:

- Add some homemade chicken or beef stock if you have it for flavor prior to cooking
- For a more savory dish, leave out the sweet potatoes and squash and add more garlic and onions, and cook with rosemary, thyme and sage.
- For a sweeter dish, leave out the garlic, go light on the onion, and add more sweet potato, squash, beets and carrots. Add a chopped apple or two and some cinnamon and ginger.
- You can also sauté chicken, sausages, or red meat and add to the veggies for a more substantial dish.
- Also tastes wonderful served with cheese on top – we like blue cheese, parmesan or sheep's milk feta cheese.

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