



## ROASTED ROOT VEGETABLES WITH CAULIFLOWER CRUMBLE

2 beets (one red; one golden) washed, trimmed  
1 Tablespoon canola oil  
1 large sweet potato, peeled, halved lengthwise, sliced  
2 medium carrots (one orange; one yellow), peeled, cut into 1 inch chunks  
2 small parsnips, peeled, cut into 1 inch chunks  
1 large turnip, peeled, sliced into large chunks  
8 fresh Brussels sprouts, halved  
3 Tablespoons canola oil, divided  
2 to 3 Tablespoons maple syrup, divided  
1/8 to 1/4 teaspoon nutmeg  
1/8 to 1/4 teaspoon cinnamon  
Salt and black pepper to taste  
1/2 head white cauliflower, remove florets  
2 teaspoons fresh lemon juice or to taste  
Garnish: fresh rosemary; fresh parsley, chopped

Preheat oven to 425 degrees F. Trim off the tiny root bottoms and stem leaves from fresh beets. Save the leaves for another recipe. Line a baking sheet with release foil; rub washed beets with oil. Bake in oven for about 20 to 30 minutes or partially baked.

Meanwhile, peel and chop the remaining vegetables; place in large bowl. Sprinkle with 2 Tablespoons oil, 2 Tablespoons maple syrup, nutmeg, cinnamon, salt, and pepper. Set aside.

Wear rubber gloves to work with beets and line area with disposable foil or paper. Peel the beets; cut into chunks. You can place in large bowl with other veggies, the red beets will blush the white veggies, or place in small bowl; mix with 1 Tablespoon oil, 1 Tablespoon maple syrup, salt, and pepper to taste.

Line a large shallow baking pan with release foil. Spoon the coated veggies on the baking sheet; drizzle with any remaining oil mixture. Bake in preheated 425 F degree oven for about 30 to 40 minutes or tender, turn the veggies twice during baking.

Place cauliflower florets in food processor, process until white crumble mixture. Place on bottom of serving dish. Spoon warm veggies over cauliflower crumbs. Drizzle lemon juice over veggies if desired. Garnish with fresh chopped rosemary and parsley if desired. Yield: Serves about 4 to 6      Inspired by: Nava Atlas – “Plant Power”  
Preparation time: about 30 minutes      Baking time: 30 to 40 minutes

**About the recipe:** Power up your life with lots of root vegetables. Gather all those vitamin rich vegetables and simply peel, chop, and bake them in the oven with a sweet touch of maple syrup and sprinkle of sweet spices. Process some white cauliflower to make the creative crumbles that attractively line your serving platter. Vegetables never tasted so sweetly caramelized and with a touch of fresh lemon, rosemary, and parsley, they are sure to add a healthy flavor touch to your dinner.