



Sweet Sugar Maple Roasted Root Vegetables

3 tablespoons canola or grapeseed oil, divided
2 to 3 pounds root vegetables, cut in roughly 1/2-inch pieces
1 large peeled onion, quartered, sliced
1/4 teaspoon ground black pepper or as desired
3 tablespoons white miso paste
3 tablespoons maple syrup
4 tablespoons apple vinegar or white wine vinegar
1 tablespoon soy sauce
2 Tablespoon water as needed

1. Preheat the oven to 425 degrees F. Spread 1 Tablespoon oil over bottom of large shallow baking pan.
2. Toss to coat chopped vegetables and sliced onion with 1 Tablespoon oil and black pepper. Place evenly on baking pan. Bake in preheated oven for 20 to 25 minutes and vegetables start to soften. Turn vegetable once during roasting.
3. Whisk together the miso, maple syrup, vinegar, soy sauce, and 1 Tablespoon oil. Set aside 2 Tablespoon sauce.
4. Toss the remaining sauce with the precooked root vegetables, coating them well. Spread evenly on baking sheet; continue baking for about 15 minutes until vegetables are softened and caramelized, but not overly soft.

5. Remove roasted vegetables to bowl; stir water over pan to scrape up any caramelized bits; add to reserved sauce; drizzle and toss over roasted vegetables to serve warm.

Serves: about 4 to 6

Inspired by: <http://food52.com/recipes/26507-miso-maple-roasted-roots>

About the Recipe: Lightly peppered roasted root vegetables get a new turn, flavored with a sweet maple soy sauce. It's a perfect side dish to serve with your favorite spring dinner. Use any root vegetables that you prefer, making sure the vegetables are chopped about the same size. Baking time will vary according to the size of your root vegetables.