



Parmesan Roasted Root Vegetables

An elegant way to serve healthy vegetables for company

Sunshine colorful vegetables help keep your eyes bright and healthy.

2 Tablespoons olive oil, divided
1 red beet, peeled
2 medium sized golden beets, peeled
1 large sweet potato, peeled
2 medium turnips, peeled
1 large parsnip, peeled

1/4 cup water
2 Tablespoons light miso paste
1 Tablespoon Dijon mustard
1 Tablespoon honey
2 gloves garlic, minced

1/2 cup grated Parmesan cheese
1/2 Tablespoon fresh thyme leaves

Preheat oven to 400 degrees F. Grease 10-inch baking pan or dish with 1 Tablespoon oil; set aside.

Keep vegetables in separate piles. Put on kitchen gloves, peel red beet and with a slicing tool or mandolin, slice into thin slices; keep away from other vegetables. Slice golden beets, sweet potato, turnips, and parsnip into 1/8-inch slices with mandolin.

Using different vegetable slices, except the red beets, overlap vegetable slices vertically in a spiral around the edge of the baking dish and fill the remainder in the center. Then place the red beet slices between vegetables slices in different parts of the pan trying to avoid accidental drips that could spoil final dish's appearance.

In a small bowl, combine remaining 1 Tablespoon oil, water, miso, mustard, honey, and garlic until smooth. Drizzle over the vegetables evenly; sprinkle with Parmesan cheese. Cover with aluminum foil; bake in preheated oven for 45 minutes.

Remove foil; sprinkle with thyme leaves; return to oven; bake for an additional 15 minutes or until vegetables are tender and edges crispy. Let rest about 10 minutes before serving. Yield: Serves about 6

Recipe Inspired by: Fresh Thyme Crave magazine, January/February 2019 issue.

Cook's Note: Leftovers reheat well in the oven and maintain excellent flavor as a side dish or in soups

About the Recipe: The vegetables in the dish swirl together in a sunny rainbow of color, creating an elegant and attractive healthy addition for a company meal. The difficult part is thin slicing all the vegetables and keeping the red beet slices from turning all the other vegetables pink. As it bakes, the smell is addictive and the crisp edged tender vegetables are full of flavor.