
Autumn Root Vegetables Medley with Sautéed Greens

Description

This dish is a wonderful way to combine all the root vegetables abundant during the fall season. All the flavors meld during the roasting process providing a tasty contrast when served on top of freshly cooked greens.

Total time: 1 hr 10 min Yield: 4 servings

Ingredients

4 clove garlic (peeled & smashed)
1/4 cup olive oil
2 Tbsp shoyu or Bragg's Liquid Aminos
1 Tbsp balsamic vinegar
1 Tbsp maple syrup
4 sprigs fresh rosemary
4 sprigs fresh thyme
salt & pepper (to taste)
4 cup root vegetables (ie. onion, carrot, daikon, beet, yam or potato, peeled & cut in 1/2" chunks)
1 cup chickpeas (optional)
1 bunch winter greens of choice (ie. chard, collards, rapini or kale)
1/4 cup fresh basil, parsley or fresh thyme (for garnish)

Prep Time: 20 min Cooking Time: 50 min Total Time: 1 hr 10 min

Instructions

In a large bowl, mix the garlic, olive oil, shoyu or Bragg's Liquid Aminos, balsamic vinegar, maple syrup, fresh rosemary and thyme, salt and pepper. Add in the root vegetables and chickpeas, if using, and toss together until they are well coated.

Place in a 9"x13" casserole dish or lined baking pan; cover with foil. Bake at 375° for 30 to 40 minutes or until fork tender. When tender, take off the foil and let bake an additional 10 minutes for final roasting.

While vegetables are roasting, heat a large skillet with a bit of olive oil and sauté your greens until tender. Place on serving platter and top with cooked vegetables.

Garnish with fresh herbs of choice.

Recipe brought to you by:

