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HERBED WINTER VEGETABLE ROAST

Serves 6 • 45 min

This dinner delicata and butternut squash can be roasted without paring. Serve this satisfying vegetable roast with brown rice, steamed bulgar, or polenta. Sprinkle leftovers with grated cheese, and keep until bubbly for a delicious next-day dinner.

- 2 Tbs. olive oil, plus more for greasing pan
- 1 Tbs. chopped fresh rosemary
- 1 Tbs. chopped fresh basil

- 1 Tbs. chopped fresh thyme
- 2 cloves garlic, minced (2 tsp.)
- 2 delicata or 1 large butternut squash, cut crosswise into ½-inch-thick rounds (2½ lbs.)
- 1 acorn squash, peeled and cut into 1-inch chunks (1 lb.)
- 2 medium carrots, cut on the diagonal into ½-inch thick slices (1 cup)
- 2 medium parsnips, cut on the diagonal into ½-inch thick slices (1 cup)
- 1 medium onion, cut into 1-inch-thick wedges

1. Preheat oven to 400°F. Lightly oil rimmed baking sheet or roasting pan.
2. Whisk together olive oil, rosemary, basil, thyme, and garlic in large bowl. Season with salt and pepper. Add delicata or butternut squash, acorn squash, carrots, parsnips, and onions; toss to coat. Spread in single layer on prepared baking sheet. Roast 45 minutes, or until vegetables are tender and beginning to brown, stirring every 15 minutes.

PER SERVING: 170 CAL, 4 G FIBER, 6 G TOTAL FAT, 11 G SAT FAT, 34 G CARB, 6 MG CHOL, 408 MG SOD, 7 G FIBER, 10 G SUGARS

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Squash

*Good gourd!
There's a vast array
of squash varieties
to select and savor*

Think of winter squash as the MVP of the vegetable world: It's inexpensive, nutrient-packed, easy to keep and store, and pretty enough to double as a party-table centerpiece. Each variety has its own special qualities, yet they're interchangeable in most recipes.

These lovely vegetables get their autumnal hues from immunity-boosting beta-carotene, which the human body converts to vitamin A. One serving of baked winter squash contains a whopping 146 percent of the recommended daily allowance. It's also a great source of vitamin C and potassium.

To crack the secrets (and the thick shell) of winter squash, all you need is a sharp knife and some elbow grease. Cut squash in half, then slice into smaller pieces for easy peeling and cubing. Or just roast the halves to obtain a puree that can be scooped out with a spoon. The puree makes a creamy base for soups, sauces, and baked goods—use it to replace canned pumpkin in a holiday pie and you'll immediately taste the difference. Both the puree and peeled raw cubes freeze well too, meaning you can enjoy winter squash year-round.

Nutritional Profile

(1 cup baked winter squash)
calories **76**
vitamin A **516 mcg**
potassium **494 mg**
fiber **3.7 g**

From the USDA National Nutrient Database



ACORN

KABOCHA

BUTTERNUT