

## UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

### Roasted Roots!



#### Ingredients:

- 1 medium butternut squash (peeled, seeded, chopped)
- 1 large red beet (peeled and chopped)
- 3 Tbsp grape seed or olive oil (may substitute broth)
- 1 1/2 tsp kosher salt
- 2 tsp ground cinnamon
- 1 Tbsp pure maple syrup
- Topping: dried oregano and walnuts

#### Preparation:

- Preheat oven to 400 degrees F.
- Peel and chop squash and beet into 1/2 inch cubes.
- Place in a bowl with oil, salt, cinnamon and maple syrup. Toss well to evenly coat veggies.
- Lay the mixture on a large baking sheet and roast 40-50 minutes stirring half-way through.
- After roasting, place oven to broil for 3-5 minutes to crisp the veggies.
- Remove from oven and top with dried oregano, walnuts, and salt to your desired taste.

More recipes from UofL Health Promotion Office:

[www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes](http://www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes)

Chef Mat's website has more recipes for fresh summer veggies and fruits:

[www.junehealthandwellness.com](http://www.junehealthandwellness.com)