



Holiday Roots

Ingredients

Amount

Japanese Sweet potatoes	2 large (12 oz each)
Butternut squash	1 small
Red Beets	2 medium
Red onions OR shallots	1 Large/ 3 small
Fresh ginger root	¼ C chopped
Yams	2 medium (8 oz each)
Rutabaga	1 large
Olive Oil	2TBS + Spray as needed
Dr. Laleh's Sweet Spice blend*	2 TBS
Maple Sugar (OR stevia)**	1 teaspoon OR to taste

***You may use Apple Pie Spice with NO added sugar added)**

****Jed's Maple Shakers**

Preparation:

- 1) Wash/ clean all vegetables. Keep the skin on all except onions, ginger and Rutabaga
- 2) Peel onions (or shallots) and ginger; cut into thin slices
- 3) Cut all roots into 1 inch cubes
- 4) In a large mixing bowl, add all roots, olive oil, spices and maple sugar OR stevia, and mix well so that all the veggies are
- 5) Preheat oven to 375F.
- 6) Spread the roots in a single layer on an oven safe Pyrex dish or cookie sheet
- 7) Cook for 30 minutes; mix and rotate to avoid burning.
- 8) Cook an additional 15-20 minutes or until all roots are cooked.
- 9) Switch oven to broil; cook on broil for 5-10 minutes, watch carefully to avoid burning.
- 10) Remove from the oven and allow them to cool for a few minutes; the roots will come off the dish better if cooled first. Serve with Thanksgiving dinner.