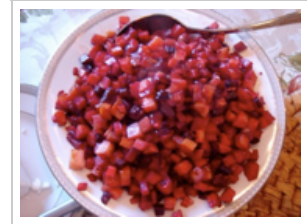


# Roasted Root Vegetables

This recipe couldn't be simpler. Prepare in advance and just re-heat (or not, I think the veggies are delicious cold) before serving.

## Ingredients

- 1/2 pound golden beets
- 1/2 pound turnips
- 1/2 pound rutabaga
- 1/2 pound sweet potatoes
- 1/2 pound parsnips
- 1/2 pound red onion
- 1 tablespoon balsamic vinegar
- 1/4 cup goat cheese



## Method

Wash, but do not peel, the beets and put them on a sheet pan in a 375 degree oven. Do not use a silpat in the sheet pan, but spray lightly with Pam or olive oil. You want to really get some heat into the vegetables. Cook the beets for about 15 minutes.

While the beets are cooking, cut the remaining root vegetables into even cubes, about 1/2" per side.

Remove the par-cooked beets from the oven and peel. Chop the beets into 1/2" cubes.

In a large bowl, toss the vegetables with just enough extra virgin olive oil to coat. Sprinkle with salt and pepper and mix well. Don't wash the bowl just yet.

Spread the coated vegetable cubes evenly onto the sheet pan and roast at 375 F. Roast for 30 minutes. Remove the sheet pan from the oven and carefully pour the hot vegetables back into the bowl. Add 1 tablespoon of good quality balsamic vinegar and mix thoroughly.

Return the vegetable cubes to the sheet pan and roast for about another 30 minutes. Turn the cubes once or twice. Cook to fork-tender. I like my root veggies a bit on the al dente side rather than mush, but it is a matter of personal preference.

If served hot, add a dollop of crumbled goat cheese to each portion.

## Notes

I could see mixing the goat cheese in as more of a covering while they are hot. Either way, the cheese added a nice touch to these!

Root vegetables should remind us of Momma' Earth. Nothing could be more fundamental. The vegetables are rich in starch and sugars. After all their function is energy storage for the plant. Roasting brings about caramelization, or pyrolysis (pyro=fire, lysis=to break) of these sugars. The result is a myriad of complex and flavorful molecules. See what flavors you can identify. The goat cheese adds a balancing acidic note to the sweetness of the vegetables. Cheese, of course, are the products of intricate microbial and biochemical processes One of which is the formation of lactic acid.

Source: [L'Academie de Cuisine \(Servings: --\)](#)