



Oven-Roasted Root Vegetables

Makes 4 servings



1 large butternut squash, halved,
seeded and peeled
2 carrots, sliced
3 potatoes, scrubbed and diced
2 onions, peeled and chopped

2 tablespoons extra-virgin olive oil
1 1/2 teaspoons salt
Freshly ground black pepper
Parsley

1. Preheat to 425 degrees F.
2. Cut all the vegetables into 1 1/2-inch pieces.
3. Drizzle a baking sheet with the olive oil. Spread all the vegetables on the baking sheet and toss them in the olive oil. Season with salt and pepper.
4. Roast the vegetables until tender and golden brown, stirring occasionally, about 45 minutes to 1 hour.

Recipe Source: Michigan Farmers Market Association



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Farmers Market Food Safety Tips

Storing Root Vegetables:

Root crops can be preserved by traditional methods such as freezing, canning and dehydrating. But if you have a root cellar or other type of cool, dry storage you may be able to keep these vegetables edible without canning or freezing them.

Cleaning Root Vegetable:

- Wash hands with soap and warm water for at least 20 seconds before and after handling fresh fruits and vegetables.
- Wash all surfaces and utensils, such as cutting boards, counter tops or knives, with hot water and soap before and after preparing vegetables.
- Rinse all vegetables under running tap water, including those with skins and rinds that you will not be eating.
- While rinsing under running tap water, rub or scrub firm-skinned vegetables with a clean vegetable brush.
- Never use detergent or bleach to wash vegetables since these products are not consumable.

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.