

ROSEMARY ROASTED BEETS, SQUASH AND CARROTS, WITH BALSAMIC SYRUP

INGREDIENTS

1 butternut squash
4 small golden beets, scrubbed
3 carrots, peeled
Good tasting extra-virgin olive oil
Salt and freshly ground black pepper
2 sprigs of rosemary

for the Balsamic Syrup

2/3 cup balsamic vinegar
2 tablespoon brown sugar

DIRECTIONS

First, make your balsamic syrup. This can be made ahead of time and kept in the refrigerator for up to two weeks. Combine the vinegar and sugar in a small skillet and boil over medium-high heat, stirring occasionally with a wood spatula, for 3 to 4 minutes, or until glossy bubbles cover the surface. The syrup is ready when the spatula leaves a path as you run it along the bottom of the skillet. It should be quite thickened and syrupy. Take off the heat and cool before using.

Preheat the oven to 400F. Line a cookie sheet with aluminum foil and then a sheet of parchment paper.

Cut the squash lengthwise in half. Seed and cut into 3/4 inch slices, with skin intact. Score the flesh with crosshatch cuts about 1/4 inch deep. Quarter the beets. Cut carrots to 4 inch pieces and then cut lengthwise. Rub the prepared beets, squash and carrots all over with olive oil.

Distribute the vegetables evenly on the prepared cookie sheet and sprinkle with salt and pepper. Place rosemary on the cookie sheet as well. Bake 30-35 minutes, or until veggies are easily pierced with knife and lightly browned. Drizzle with the balsamic syrup as you let the veggies cool for at least 5 minutes. Serve hot or at room temperature.