



## Roasted Autumn Vegetables

- 1 3-4 beets, cut into bite-sized chunks
- 2 1 delicata squash, cut into bite-sized chunks
- 3 4-5 medium parsnips, cut into bite-sized pieces
- 4 extra virgin olive oil
- 5 Sea salt
- 6 Black pepper
- 7 Fresh rosemary and thyme, minced

Preheat oven to 375. Place the chopped vegetables in a large mixing bowl and coat with olive oil and a generous amount of minced rosemary and thyme. Place the veggies in a baking pan and cover (can use aluminum foil). Cook for 45-50 minutes. Remove cover and continue cooking for 15-20 minutes or until soft. Sprinkle of sea salt and black pepper to taste.

## Autumn Quinoa Dish

For a Fall-inspired dish, add assorted roasted vegetables, handful of dried cranberries and some toasted pumpkin seeds. Serves four as a main dish.

Prep time: 25 minutes, plus cooling time.

- 1 cup quinoa
- 1<sup>3</sup>/<sub>4</sub> cup water
- 3 scallions chopped
- 1/4 cup pumpkin seeds (pepitas)
- 3 Tbs. extra virgin olive oil
- 1/3 cup dried cranberries

Rinse quinoa and drain. Place in a saucepan and cover with measured water. Cover and bring to a boil, reduce heat to medium-low. Let simmer for 10 to 12 minutes. Turn off heat and let remain covered for another 10 minutes until all water is absorbed. Remove and fluff with fork. Combine olive oil, scallions and dried cranberries. Add assorted roasted vegetables (see roasted autumn vegetables recipe above), and toast the pumpkin seeds and add. Sea salt and pepper to taste.