



COREY SIEGEL

ROASTED GARDEN VEGETABLES

INGREDIENTS:

- 5 EA Carrots
- 3 EA Parsnips
- 5 EA Baby Fennel
- 1 EA Diced Rutabaga
- 75 Gr Goat Cheese
- 50 Gr Crushed Walnuts
- .5 Gr Freshly Ground Cardamom
- 2 Gr Kosher Salt
- .5 Gr Freshly Ground Black Pepper
- 75 Gr Olive Oil
- 25 Gr Extra Virgin Olive Oil
- Fresh Carrot Tops

METHOD:

1. Preheat an oven to 375F.
2. If some of the vegetables are a bit large, they can be cut in half or diced.
3. Toss all of the vegetables in olive oil and season with salt, pepper and cardamom.
4. Roast in the oven for about 20 minutes or until they are nicely browned and tender.
5. Transfer the vegetables from the pan onto a plate, drizzle with extra virgin olive oil and garnish with goat cheese, crushed walnuts and fresh carrot tops.

NOTE:

Visit your local farmers market to get great tasting vegetables and support the community around you!