



## Winter Roasted Vegetables

*Makes 8-12 servings*

### Ingredients

- 3 medium beets, ends trimmed and scrubbed
- ¼ cup olive oil, divided
- 1 peeled and thinly sliced purple onion
- 1 teaspoon salt, divided
- 1 ½ pounds carrots, peeled and cut on the bias into 1-inch thick pieces
- 1 ½ pounds Brussels sprouts, trimmed and halved – if they are huge as mine were, you might have to quarter them.
- 3 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh thyme
- ½ teaspoon freshly ground black pepper

### Instructions

Preheat the oven to 400 degrees. Scrub the beets, remove the root and stem and wrap them (the skin stays on) in a large piece of foil. Place the wrapped beets onto a baking dish or sheet pan and cook until they are easily pierced with a knife, about 1 hour. Open the foil and set the beets aside until they are cool enough to handle, then wearing gloves and using a paring knife, slide off the peels. This should be easy to do. Cut the beets into 1-inch pieces. The beets may be prepped up to three days ahead and refrigerated in an airtight container, or cooked right before roasting the remaining vegetables.

Place the onions onto a sheet pan. Drizzle them with one tablespoon of the oil and sprinkle with ¼ teaspoon of salt and toss to coat. Roast in the 400 degree oven for 20 minutes. Meanwhile, place the carrots and Brussels sprouts in separate bowls and toss each with one tablespoon of oil and ¼ teaspoon of salt. After the onions have been cooking for 20 minutes, add the carrots to the sheet pan with the onions, and place the Brussels sprouts on a separate sheet pan. Cook both pans of vegetables until they are firm-tender and nicely browned, about 30 minutes. I also roast a packet of garlic-half a head of garlic, wrapped in foil and drizzled with olive oil, on the same sheet pan, and leave it in the oven for 5 minutes longer than the vegetables. All of the vegetables may be cooked to this stage up to 3 days ahead, stored in an airtight container in the refrigerator.

When you are ready to serve, preheat the oven to 400 degrees (see note). Transfer all of the roasted vegetables to a sheet pan or large baking dish. Toss gently with the balsamic vinegar and thyme, and the remaining ¼ teaspoon of salt and the pepper and cook until everything is

warmed through, about 10 minutes. (Note: You can finish the roasted vegetables at any temperature in the range of 350-425 degrees, depending on what else you may be roasting. Add or subtract a few minutes from the cooking time accordingly.)