

Autumn Roasted Vegetables with Balsamic Vinegar and Sumac

PREP: 30 MIN | **COOK:** 30 MIN | **PREHEAT:** 400°F

Enjoy Your Fresh Fall Produce!

You've received fresh, seasonal vegetables—here's an easy, delicious way to enjoy them. This recipe turns your produce into a warm, flavorful dish for your Thanksgiving table.



Ingredients

- 6 medium-large carrots, peeled and halved vertically
- 1½ cups white potato, cut into bite-sized cubes or Brussels sprouts, stems trimmed and halved vertically
- 2 cups butternut squash, cut into bite-sized cubes
- 1½ cups red onion, peeled and sliced into wedges
- 1 cup celery, cut into bite-sized cubes
- 1 red bell pepper (½ cubed, ½ uncut roasted and peeled)
- 1 head of garlic, unpeeled and wrapped in foil (optional)
- 2 medium golden beets, cut into bite-sized cubes or sweet potato, cut into bite-sized cubes
- 2 tbsp extra virgin olive oil (plus 1 tbsp optional)
- 2 tbsp balsamic vinegar (plus 1 tbsp optional)
- 1 tbsp sumac (plus ½ tsp optional)
- 1 tsp kosher salt

Instructions

1. Preheat oven to 400°F.
2. Mix 2 tbsp olive oil, 2 tbsp balsamic vinegar and 1 tbsp sumac in a large bowl.
3. Add vegetables and toss to coat evenly.
4. Spread on a baking sheet, sprinkle with kosher salt and add the garlic (foil-wrapped) and ½ uncut bell pepper.
5. Roast for 30 minutes, flipping vegetables halfway, until tender but still firm.
6. Optional Dressing: Squeeze garlic at base to remove skin and peel red pepper before blending with roasted onions, 1 tbsp olive oil, 1 tbsp balsamic vinegar, ½ tsp sumac and a pinch of kosher salt. Drizzle over vegetables before serving.



Scan the QR code to Watch & Cook Along!

See how easy this delicious recipe is to make!
Watch the short video for step-by-step instructions.

From Montefiore Einstein

We're proud to support our community with healthy food and simple, nourishing recipes.
Wishing you and your family a happy, healthy Thanksgiving.

Montefiore Einstein