

roasted vegetables

## vegetables with pecans & parmesan

What's the best way to get everyone to eat their veggies? With this easy and elegant recipe for Roasted Vegetables. Sweet potatoes, carrots and parsnips are roasted to sweet perfection and then topped with a Pecan Parmesan Gremolata, a zesty combination of pecans, parmesan and parsley.

SERVES: 6

# ingredients

2 lbs sweet potatoes, peeled and cubed

 Ib carrots, peeled and cubed
Ib parsnips, peeled and cubed
tbsp olive oil
tsp kosher salt
tsp freshly ground
black pepper

#### Pecan Parmesan Gremolata

cup chopped pecans
cup freshly grated
Parmesan cheese
cup finely chopped
fresh flat-leaf parsley
tbsp fresh lemon juice
tbsp lemon zest
tbsp olive oil

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# directions

**1.** Preheat oven to 425°F. Line a large baking sheet with aluminum foil.

**2.** In a large bowl, toss sweet potatoes, carrots and parsnips with olive oil. Transfer to baking sheet and sprinkle with salt and pepper. Roast vegetables, stirring often, for 1 hour or until tender. Transfer to a serving plate.

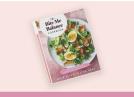
3. For the topping, in a small bowl, combine pecans,Parmesan, parsley, lemon juice, lemon zest and olive oil.Sprinkle over vegetables before serving.

#### "I don't want any vegetables, thank you. I paid for the cow to eat them for me."

- DOUGLAS COPELAND

### julie albert & lisa gnat





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