



Sara Galipeau

Registered Holistic Nutritionist
Ottawa, Ontario

Recipe of the Month

October: Cinnamon-Spiced Roasted Root Vegetables

Colourful, sweet, and filling, this dish is great for a fall or winter dinner, or for holiday potlucks. Good source of vitamin A, C, potassium, and complex carbohydrates. Use organic vegetables where possible, and feel free to vary the vegetables based on tastes and availability. Winter squash such as pumpkin, butternut, buttercup, and acorn varieties work well roasted this way, too. The addition of a tart apple or sweet pear can bump up the flavour as well.

Ingredients:

- 1 medium sweet potato
- 2 pool-ball-sized golden and/or candy-cane beets, peeled
- 1 white turnip, peeled
- 2 carrots
- 1 parsnip
- 1 red potato
- 3 green onions or 1 small-medium leek
- 2 Tbsp. room-temperature coconut oil, ghee, or melted organic butter
- 1 tsp. ground cinnamon
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. sea salt
- ¼ tsp. ground cloves
- Black or cayenne pepper, to taste

Directions:

1. Dice all vegetables to roughly 1.5cm cubes. It is only necessary to peel the turnip and beets; the rest of the vegetables do not need to be peeled (and will be more nutritious with the skins).
2. Preheat oven to 375°F.
3. In a large bowl, toss vegetables with oil and spices until well coated. Transfer to glass/stoneware baking or casserole dish.
4. Bake uncovered for 30-40 minutes, stirring every 15 minutes, until vegetables are tender.
5. Serve with rice or quinoa and beans, fish, or chicken, or as a nutritious addition to a traditional holiday dinner.

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