

Roasted Squash, Carrots And New Potatoes

An excellent and delicious way to eat your veggies! If you have a local farmer's market, that's the place to find all these great vegetables.

Makes 6 or 8 Servings

1 lb. 10 oz. new potatoes (any waxy small potato will work)
1 lb. + carrots
1 large butternut squash, peeled, seeds & stringy bits removed
4 Tbsp. EVOO
2 Tbsp. freshly squeezed orange juice
1 Tsp. honey
1 ½ tsp, coarsely crushed coriander seeds
1 tsp. grated orange zest (a microplane is an excellent tool for this)
1 Tbsp. fresh thyme leaves
Sea salt & freshly ground black pepper

Preheat the oven to 400 F. Cut the potatoes in half if they are larger than 2" & cut the carrots & squash into thick chunks.

Whisk the oil, juice & honey in a bowl, then beat in the coriander seeds, zest & thyme. Place the potatoes & carrots in a large, oiled (or sprayed with non-stick cooking spray) shallow roasting pan & toss with the juice mixture; season with salt & pepper & roast for 20 minutes. Add the squash, stir to combine, then roast for 35 – 45 minutes until veggies are done. Serve immediately.