

Medley of Root Vegetables

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegan, Gluten Free, Low Fat, Low Carb

Source: Family Table by Mishpacha Magazine

A light, yet filling dish of root vegetables glazed with a slightly tangy/sweet dressing; simply delicious! Serve with meat, chicken, or even fish dishes. One of the challenges of living in Eretz Yisrael during shmita is not having the availability of various vegetables. I tested this dish using just the basics. However, you can add whatever root vegetables you'd like, i.e., turnip, parsnip, etc. Feel free to experiment.

Ingredients (12)

Main ingredients

- 4 medium potatoes, scrubbed and cut in eighths (red-skinned potatoes are best)
- 1 small butternut squash, peeled and cubed
- 3 small carrots, cut into 1/2-inch slices
- 1 medium onion, cut into eighths
- 3 tablespoons brown sugar

Glaze

- 1/2 tablespoon oil
 - 1 teaspoon Gefen Cornstarch
 - 1/4 cup water
 - 3 tablespoons fresh lemon juice
 - 1 teaspoon fresh dill, finely chopped, or 1/2 teaspoon dried dill or 1 cube Dorot Gardens Frozen Dill
 - salt, to taste
 - pepper, to taste
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Start Cooking

Prepare the Vegetables

1. Place potatoes and butternut squash in a large saucepan; cover with water. Add salt if desired. Bring to a boil.
2. Reduce heat; cover and simmer for seven to eight minutes.
3. Add carrots and onion and return to a boil.
4. Reduce heat; cover and simmer for 10 minutes or until veggies are tender; drain.

Prepare the Glaze

1. Pour oil into a medium-sized saucepan. Over a medium flame, stir in brown sugar and cornstarch. Stir in water, lemon juice, dill, and salt and pepper. Bring to a boil.
2. Cook and stir two minutes.
3. Pour over vegetables; toss to coat.