
Roasted Winter Vegetables and Apples, with a Tarragon - Walnut Pesto

½ Cup extra virgin olive oil
12 Beets, small, leave peel on
12 Turnips, small - 2 inch, trimmed and peeled
12 Shallots, peeled whole
1 lb. Butternut squash, peeled and cut into 2 inch pieces
3 Albemarle pippin apples, peeled and cut into 2 inch pieces
Salt and pepper

Instructions

Preheat oven to 400° F.

Toss the beets, turnips and shallots in the olive oil. Spread them out on a rimmed baking sheet, large enough so that nothing is touching. Lightly salt and pepper on all sides. Roast for 15 - 20 minutes.

Using a spatula, turn the pieces over. Move the pieces nearest the edges of the pan into the center and those in the center to the outer edges, to allow for even browning. Roast for 15 - 20 minutes more until they can be easily penetrated with a knife.

Toss the squash and apples in the remaining olive oil. Spread out on a rimmed baking sheet large enough so that nothing is touching. Lightly salt on all sides. Roast for 20 minutes without turning until they are tender.

When the beets are done, pick them out and put them in a container with a tight fitting lid and allow to steam for 15 to 20 minutes, this will make it easier to remove the peel. Peel the beets and then gently mix all of the vegetables together. Coat with the tarragon - walnut pesto.

Tarragon - Walnut Pesto

1 bunch fresh tarragon, chopped
¾ Cup walnuts, toasted
2 cloves garlic, sliced
¼ teaspoon nutmeg
1 Cup extra virgin olive oil
Salt and cayenne pepper to taste

Put the walnuts and garlic into a food processor and process briefly. Add the tarragon and nutmeg and blend until all ingredients are roughly combined. With the motor running slowly add the olive oil in a steady stream. Add the salt and pepper. *Makes 2 cups.*

Serves 6

Recipe courtesy of Sarah Lanzman, Chef, Certified Health Coach
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"Delicious food never healed so good."