



HALLOWEEN ROASTED VEGGIES

Ingredients

- 2 Large Sweet Potatoes
- 2 Large White Potatoes
- 4 Carrots, peeled
- 3 Red Beets, large/medium
- 2 Tablespoons Olive Oil
- Pinch of Salt and Pepper
- 2 Tablespoons Rosemary
- 5 Garlic Cloves, minced
- 1 Teaspoon Balsamic Vinegar
- 1 Teaspoon Maple Syrup

Directions

1. Bring a large pot of water to a boil. Cut sweet and white potatoes in half, width wise, then drop into the boiling water. Boil for 5 minutes, then remove. Drop whole beets and carrots into the boiling water and cook for 5 minutes
2. Cut the potatoes into ½ inch thick slabs. With a small paring knife or a cookie cutter, cut jac-o-lantern shapes into the sweet potatoes. For the white potatoes, cut them into ghost shapes (tip: use a straw to cut out the eyes). Cut beets into ½ inch thick slabs, then cut out witch's hat shapes. The carrots can be witch's fingers and left as is.
3. Preheat oven to 400° F. Set veggies on a parchment-lined baking sheet. Drizzle with oil, sprinkle with salt, pepper, and rosemary, and toss to evenly coat. Crush garlic cloves and scatter around the pan. Bake for 1 hour, flipping halfway through. When you have 10 minutes left, drizzle balsamic over the beets and syrup over the carrots, then return to the oven.

Crediting

Provides a Vegetable at Lunch/Supper.
Toddler: ½ Cup | Preschool: ¼ Cup | School Age: ½ Cup