

## RECIPE FOR

# Roasted Vegetables With Fennel & Apples



Image from: <https://www.foodnetwork.com/recipes/food-network-kitchen/roasted-apples-and-fennel-9827547>

### INGREDIENTS

- 1 Cup Winter Squash (any)**
- 1 Cup Carrots**
- 1 Cup Fennel**
- 1 Cup Apples**
- 1 Cup Parsnip**
- 1 Tbs. Garlic powder**
- ½ C - 1C preferred Oil**
- ¼ Cup Herb mix, fresh or dry**
- ¼ Cup - ½ Cup Lemon Juice**
- ½ C Balsamic Vinegar**
- Salt & Pepper to taste**

**4 - 6 SERVINGS (1/2C) 1.5 - 2 HRS**

### DIRECTIONS

Preheat oven 400 degrees F. Cube or slice vegetables and fruit. In a large bowl, whisk oil, balsamic vinegar, lemon juice, garlic powder, black pepper, salt, thyme/herb seasoning. Toss cubed vegetables and fruit in with the marinade and let soak for at least 20 minutes. Divide mixture into non-stick baking sheet pans, avoid overcrowding the pans.

Bake 20-30 minutes and toss to prevent burning on one side. Bake another 20-40 minutes or until squash and other ingredients are tender. Internal temperature should reach a minimum of 145 degrees F for at least 15 seconds. Garnish with chopped fennel leaves when ready to serve.

\*Marinade can be reduced in small saucepan over medium heat and drizzled over roasted vegetables when serving.