

Roasted Squash & Sweet Potatoes *Three Ways*

Hate eating the same thing twice? Are you a single person who has trouble with big recipes? A hectic schedule? Budget conscious? Then this is the plan for you!

Roasted Squash & Sweet Potatoes – Three Ways

1 butternut Squash	2 tsp chili powder or smoked paprika
3 sweet large potatoes	1 tsp pepper
5-6 carrots	1 tsp salt
1 yellow onion	1 tsp cinnamon
1/4 cup Olive Oil	1 tsp yellow curry powder
1/8 cup brown sugar	

Not a fan of these flavors? Replace the brown sugar and seasonings in the right-hand column with one to two tablespoons of a spice packet from Evelyn's Elegant Edibles.

Peel squash with a vegetable peeler and cut in half lengthwise. Remove seeds and cut into 1 inch cubes. Peel and cut carrots and sweet potatoes in the same manor. Dice onions. Toss vegetables with olive oil and spices. Place on large baking sheet and bake at 400° for 20-30 minutes, stirring once or twice, until vegetables are soft.

Dinner: Use the roasted vegetables as a side dish to your favorite chicken or fish preparation.

Lunch: Cook one cup of whole wheat cous cous according to package instructions. Reheat vegetables and add to cous cous. Add 1/3 cup goat or feta cheese and 1/3 cup sweetened dried cranberries. Stir gently and serve warm.

Breakfast: Take remainder of your vegetable mix and heat in a skillet. When mixture is warm, crack 2 eggs on top and cook through.

Shop this recipe at the market:

Root Vegetables: Harvest Valley Farms or Clarion River Organics

Cheese & Eggs (for the lunch and breakfast options): Clarion River Organics

