

DEBORAH'S

KITCHEN

## Low Sugar Spreadable Fruit and Relish

- Forest Berries • Wild Blues • Massachusetts Rubies • Pear Lime Limbo
- Mango Sunshine • Peach Melba • Fig Ginger • Hot, Hot Peach
- Tango Passion • Apricot Joy • Cherry Bliss
- Sweet Pepper Relish • Green Tomato Relish

## Roasted Fall Vegetables and Cranberry Medley

### Preparation

Time: 10 minutes prior, 5 minutes to plate and garnish

Cooking Time: approximately 45 minutes

Serves: 4-6 adults

### Ingredients

- 1 Butternut Squash
- 1 large onion, halved and large sliced
- 2 Turnips
- 2 medium Beets
- 3 Carrots
- 4 Parsnips
- Salt and pepper to taste
- 1/4 Olive Oil
- 2 Tbsp Massachusetts Rubies from Deborah's Spreadable Fruit

### Optional

- Add any fall root vegetables that you like, think Sweet Potato and Celery Root
- 1/4 C chopped Walnuts

### Method

Preheat oven to 425°

- Wash Vegetables and peel turnips and parsnips
- Grossly cut the Vegetables into about 1" rounds or squares.
- > TIP: This step can be done ahead of time, if so, cover and refrigerate.
- Place into a large bowl, mix with olive oil to cover and season with salt and pepper
- Transfer to a deep roasting pan or two cookie sheets
- > TIP: Leave room around the Vegetables, don't pack to ensure even cooking
- Roast in the oven for approximately 40-45 minutes until tender and golden brown
- Turn once while cooking to ensure even cooking throughout
- Remove pan from oven and transfer to serving bowl
- Add the Massachusetts Rubies and toss to coat
- Sprinkle on Walnuts and serve

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