

K's Kitchen: Roasted winter veggies

By Kathryn Reed

The butternut squash kept calling to me. And I kept ignoring them. Then I bought one and put it on the counter. Finally, I couldn't keep ignoring it. Hunger will do that to you.



I knew I didn't want to put anything sweet on it – like brown sugar. And I knew I didn't want it alone.

I decided to chunk up half of it. Then I added about the equivalent in red potatoes. Both were cut into bite-size pieces.

To the 9 x 13 baking dish I added chopped carrots – not quite as much as the other two veggies.

I wished I had a red onion, but used yellow instead.

Then I peeled a few garlic cloves. The large ones I cut in half or thirds length-wise. I had about 10 total.

All this I mixed together in the dish.

The amount of spices you use will depend on how many veggies you use. I just started shaking the sage and white pepper. It's always better to start off conservatively because you can add more. Too much spice isn't always possible to rectify, though in this case adding veggies would work.

I used lavender sea salt because it's been in the cupboard since I bought it last fall in Buellton. Sue and I had been

biking in this Central California town and came across the Andre Lavender Farm. The aroma made us want to stay there all day, but Sue made me get back on my bike after my purchase.

The saleswoman said to use the lavender like I would any sea salt.

I mixed all the spices into the veggies.

Then I cut the butter into pieces and distributed onto the veggies.

Put into oven at 400 degrees. After about 10 minutes, stir the veggies so the melted butter coats them. In all, the veggies will cook for about 1 hour – though that depends on the veggies you used, elevation and size of the pieces. In the last 15 minutes, add the Brussels sprouts. Stir.

Taste the veggies as you go along to decide if seasoning needs to be adjusted. When all the veggies are done, you are ready to serve them.

I used this as a main course, but it would make for a great side dish.

Roasted Veggies

$\frac{1}{2}$ butternut squash, peeled and chopped

Red potatoes, chopped

Medium onion, chopped

Carrots, chopped

Brussels sprouts, cut in half

Garlic

Sage

White pepper

Lavender salt

$\frac{1}{2}$ cube butter