



Recipes

Wampanoag Maple Roasted Vegetables

Ingredients:

- 1 1/2 pounds baby carrots or very thin carrots kept whole
- 1 1/2 pounds sweet potatoes, chopped into 1-inch squares
- 2 red onions, cut into wedges
- 1 1/2 pounds turnips, cubed and peeled (turnips are optional)
- 1/3 cup olive oil
- 2 tsp fine sea salt
- 2 tsp ground black ground pepper
- 1 cup pure maple syrup
- 1/4 cup balsamic vinegar



Preparation:

- Preheat the oven to 350 degrees F.
- Combine all of the vegetables and toss with oil, salt, and pepper.
- Place the vegetables in a single layer on a large roasting pan or baking sheet
- Put in the oven and cook for about 45 minutes. Check with a fork or knife to make sure the vegetables are tender and done.

While the vegetables are in the oven, place the maple syrup and balsamic vinegar in a pan and bring to a boil. Reduce heat and simmer until the mixture is reduced by about a half and is thick.

When the vegetables are ready, drizzle the syrup over them and return to the oven for 5 more minutes.

Just a note: you don't need to use all of the syrup, use what tastes good to you. You can broil the vegetables for 1 or 2 minutes to caramelize the maple syrup mixture.