Roasted Roots & Polenta
Yield: 12-8 oz. portions

1-1/2 Tbsp. Olive oil
1 c. Beets, diced
1 c. Carrots, diced
1 c. Parsnips, diced
1 c. Sweet potatoes, diced
1 c. Turnip, diced
1 c. Spanish onion, diced
1 Tbsp. Garlic, chopped
½ tsp. Kosher salt
½ tsp. Black pepper, coarsely ground
1 Tbsp. Fresh rosemary, chopped
12 portions Creamy polenta

1. Cut vegetables into ½’-3/4” dice. Toss with olive oil, garlic, salt and pepper. Segregate beets for tossing and roasting to minimize color bleed.
2. Roast at 400 degrees for 20-30 minutes until caramelized. Do not overload roasting pans.
3. Serve on top of creamy polenta (recipe below). Garnish with chopped fresh parsley or rosemary.

Creamy Polenta
Yield: 12-8 oz. portions

8 c. Salted boiling water
4 oz. Butter or margarine
3 c. Yellow cornmeal
¾ c. Parmesan cheese

1. Boil water. Add salt and butter.
2. Slowly add polenta while stirring until thoroughly mixed.
3. Add cheese. Stir until melted.