



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
¼ 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.