

GOOP



## Holiday Recipes

### Maple-Dijon Roasted Winter Vegetables

#### ingredients

- 1 large sweet potato, peeled
- 4 parsnips, peeled, ends trimmed
- 4 carrots, peeled, ends trimmed
- 1/2 teaspoon coarse sea salt
- 2 tablespoons each real Vermont maple syrup, Dijon mustard and olive oil
- 1/2 teaspoon freshly ground black pepper

#### preparation

Preheat the oven to 425° F.

Cut the sweet potato, parsnips and carrots into roughly 3" sticks, about 1/2" thick (like French fries). Mix together the remaining ingredients and toss with the vegetables. Roast, stirring occasionally, until browned and a paring knife slips in easily, about 25 minutes.