



## Autumn Root Vegetable Medley\*

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prep time:  
15 minutes

cook time:  
35 minutes

makes 6 servings

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### grocery list

large fresh sweet onion  
fresh elephant garlic  
fresh fennel bulbs  
fresh parsnips and fresh carrots  
**Filippo Berio Extra Virgin Olive Oil**  
**Morton & Bassett Ground Cumin,**  
**Ground Coriander and Ground Paprika**  
**Kikkoman Takumi Teriyaki Sauce**  
**Pompeian Sherry Cooking Wine**  
**La Baleine Sea Salt**

\*Exclusive Chef Faith Alahverdian recipe.

# autumn root vegetable medley

- 1 large fresh sweet onion, cut into 6 wedges
- 1 fresh elephant garlic clove, sliced
- 2 fresh fennel bulbs, rough-cut into large pieces
- 2 fresh parsnips, peeled and bias cut into 3-inch chunks
- 3 fresh carrots, bias cut into 3-inch chunks
- 3 tbsp. **Filippo Berio Extra Virgin Olive Oil**
- 1/4 tsp. **Morton & Bassett Ground Paprika**
- 1/4 tsp. **Morton & Bassett Ground Cumin**
- 1/4 tsp. **Morton & Bassett Ground Coriander**
- 1 tbsp. **Kikkoman Takumi Teriyaki Sauce**
- 1 tbsp. **Pompeian Sherry Cooking Wine**
- La Baleine Sea Salt** to taste
- Morton & Bassett Ground Paprika** to taste
- Chopped fresh flat-leaf parsley (optional)

1. Preheat oven to 375°F. Line large baking sheet with parchment paper.
2. Place all ingredients except parsley in large bowl and toss. Spread on prepared baking sheet.
3. Bake 35 to 40 minutes or until carrots are crisp-tender. Serve garnished with freshly chopped parsley, if desired.

Per Serving: 141 calories, 18g carbohydrate, 2g protein, 7g fat, 4g fiber, 0mg cholesterol, 259mg sodium

## cook's journal

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## kitchen tools

- cutting board
- chef's knife
- paring knife
- measuring spoons
- baking sheet
- parchment paper
- large bowl
- spoon or spatula

## recipe note

Elephant garlic isn't true garlic. It's actually related to the leek, a scallion-like vegetable that is milder in flavor and aroma than either garlic or onions.

## a good idea

You can substitute sweet potatoes or yams for the carrots in this recipe.

