

Roasted Beets, Brussels Sprouts and Fennel

1 pound brussels sprouts

4 beets

2 fennel bulbs

1/4 cup balsamic vinegar

2 Tablespoons real maple syrup

1/4 cup olive oil

Salt and fresh ground pepper to taste

1. Preheat oven to 400 *
2. Trim brussels sprouts removing outer leaves and cut in half lengthwise.
3. Peel beets and cut into cubes.
4. Wash fennel cut off long neck and slice bulb lengthwise.
5. Mix oil, vinegar, syrup, salt and pepper in large mixing bowl.
6. Add vegetables and mix until coated with mixture.
7. Spread out into a single layer on a cookie sheet and roast 30-35 minutes, stirring once or twice, until soft.

Adapted from Yoga Journal, November 2013