

Roasted Vegetables with Chermoula



This medley of root vegetables and winter squash are roasted with chermoula (also spelled charmoula), a quintessential Moroccan spice combination. (Any combination of veggies will work in this dish; start with about 12 cups of peeled vegetable pieces.) Be sure to peel turnips well; their skin is thicker and more fibrous than other root vegetables.

Makes 6 servings, about 1 1/4 cups each.

- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, minced
- 2 teaspoons paprika, preferably sweet Hungarian
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1 medium baking potato, peeled and cut into 1-inch chunks
- 1 medium sweet potato, peeled and cut into 1-inch chunks
- 1 medium turnip, peeled and cut into 1-inch chunks
- 1 medium rutabaga, peeled and cut into 1-inch chunks
- 2 medium carrots, cut into 1/2-inch slices
- 8 ounces peeled and seeded butternut squash, cut into 1-inch chunks

1. Preheat oven to 425°F.
2. Place oil, garlic, paprika, cumin and salt in a food processor or blender and pulse or blend until smooth.
3. Place potato, sweet potato, turnip, rutabaga, carrots and squash in a roasting pan large enough to accommodate the pieces in a single layer. Toss with the spiced oil mixture until well combined.
4. Roast the vegetables, stirring once or twice, until tender, 45 to 50 minutes.

NUTRITION INFORMATION Per serving: 235 calories; 10 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 35 g carbohydrate; 4 g protein; 7 g fiber; 461 mg sodium; 844 mg potassium.

Nutrition bonus: Vitamin A (200% daily value), Vitamin C (80% dv), Potassium (24% dv).