



Maple Glazed Root Vegetable Mix

Ingredients:

- 1 cup of mixed root vegetables, chopped into 1/2 inch cubes (suggestions: sweet potato, rutabaga, turnips, beets, carrots, or parsnips)
- 1 tbsp maple syrup
- 2 tsp margarine or butter
- 1 dash of cinnamon
- 1/2 tsp lemon juice

Storage

Instructions:

Refrigerate the root vegetable mix at or below 40 degrees F until ready for use. Refrigerate leftovers within 2 hours.

Materials:

- Small Casserole Dish
 - Foil paper
- Prep Time:** 10 minutes
Cook Time: 30 to 40 minutes

Instructions:

1. Melt margarine and add syrup, cinnamon and lemon juice.
2. Add the sweet potato, rutabaga, turnip mix to a small casserole dish. Add the syrup mixture and stir to coat evenly.
3. Cover and bake at 400 degrees F for 10 to 15 minutes. Uncover and bake until browned (10 to 15 minutes) and internal temperature of 165 degrees F or higher. Serve hot.



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