

Gremolata

Makes ½ cup 5 minutes prep, 1 hour chill

Ingredients:

- 2 cloves of garlic, crushed
- ½ cup parsley leaves
- Zest from one lemon
- 2 tsp olive oil
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Instructions:

1. Mince the crushed garlic really fine
2. Chop the parsley leaves fine
3. Zest one lemon
4. Thoroughly combine all in ingredients in a small bowl, cover with plastic, and refrigerate for an hour.

*Note this is best used fresh does not hold well more than a day.

This is a traditional Italian herb mixture that is used on all steamed vegetables.

It gives a new character to any rice dishes or grain salads and makes an excellent condiment for roasted root vegetables and winter squashes.

Roasted Root Vegetables

Ingredients:

- Kosher salt to salt water
- ½ teaspoon baking soda
- 1 pounds Yukon Gold potatoes
- 5 tablespoons Ghee or avocado oil
- Freshly ground black pepper
- 1-pound Rutabagas
- 1-pound Beets
- 1-pound Turnips
- 1-pound Sweet potatoes
- 1 stem rosemary
- 1 bulb garlic

Instructions:

1. Adjust oven rack to center position and preheat oven to 450° F (or 400° F (200° C) if using convection).
2. Heat 2 quarts water in a large pot over high heat until boiling. Add kosher salt, baking soda, and root vegetables, stir.
3. Return to a boil, reduce to a simmer, and cook until a knife meets little resistance when inserted, about 10 minutes after returning to a boil.
4. Meanwhile, combine fat with herb of choice and garlic, Cook, stirring and shaking pan constantly, until garlic just begins to turn golden, about 3 minutes.
5. Immediately strain oil through a fine-mesh strainer set in a large bowl.
6. When Vegetables are cooked, drain carefully, and let them rest in the pot for to allow excess moisture to evaporate.
7. Transfer to bowl with infused oil, season to taste with a little more salt and pepper (can skip if watching sodium), and toss to coat,
8. Transfer potatoes to a large rimmed baking sheet and spreading them out evenly. Transfer to oven and roast for 20 minutes.
9. Using a thin metal spatula to release any stuck vegetables, shake pan and turn potatoes.
10. Continue roasting until brown and crisp all over, turning and shaking them a few times during cooking, 30 to 40 minutes.
11. Transfer potatoes to a large bowl and add Gremolata. Serve immediately.

Servings: 6 to 8 Amount per serving **Calories** 289 %Daily Value* **Total Fat**9g-11% **Saturated Fat**1g-6% **Cholesterol**0mg-0% **Sodium**350-20% **Total Carbohydrate**49g-18% **Dietary Fiber**5g-18% **Total Sugars**3g **Protein**6g **Vitamin C**23mg-117% **Calcium**40mg-3% **Iron**3mg-15% **Potassium**1229mg-26