

Almut's Root Veggie Casserole

- Take all the root veggies you have – for example in this week's Local Basket we have potatoes, squash (not really a root, but still a contender), carrots, red beets, rutabaga, sweet potatoes – and cut them up into bite-size chunks.
- You may want to add onions and diced garlic for more taste.
- Drizzle with olive oil, maybe also with sunflower and sesame oil.
- Season to taste – Almut recommends some salt, pepper, even a dash of cayenne, and rosemary powder (very tasty!).
- Cover with lid or foil and bake at about 180° C or 350° F for up to 1 ½ hours or until veggies are tender.
- Serve and enjoy! The ultimate comfort dish for a cold winter day, and using nothing but what the season offers in abundance.

Note: You can even capitalize on the local greens by adding some sprouts or tossing a local hydroponic salad.