

Roasted Veggies with Cranberry Balsamic Glaze

Excite fall and winter veggies with this tasty cranberry balsamic glaze!

Ingredients

Veggies

Choose from the following veggies of your choice...

Carrots, peeled or unpeeled, left whole or halved depending on size
Parsnips, peeled or unpeeled, left whole or halved depending on size
Brussels Sprouts, left halved or whole depending on size
Red and/or golden small to medium sized Beets, peeled or unpeeled, halved
Fennel Bulbs, halved

Additional Ingredients

Kosher Salt to taste
Extra Virgin Olive Oil to taste

Cranberry Balsamic Glaze

2 tablespoons Unsalted Butter
1 tablespoon Extra Virgin Olive Oil
2 tablespoons finely chopped Garlic (about 6 cloves)
1/4 cup finely chopped Shallots (about 1 large shallot)
1 cup Cranberry Juice
1/2 cup Balsamic Vinegar
1/4 cup freshly squeezed Orange Juice
2 tablespoons Honey
1 teaspoon Dijon Mustard
Fresh ground Sea Salt and Black Pepper to taste

Preparation

Prepare Glaze: Heat 2 tablespoons unsalted butter and 1 tablespoon extra virgin olive oil in a medium saucepan on medium-high heat. Add shallots and sauté until softened, about 3-4 minutes, add garlic and sauté a few minutes longer. Add cranberry juice, balsamic vinegar and orange juice and bring to a boil until mixture slightly thickens, about 7 minutes. Add honey and mustard and continue to boil until the mixture thickens more, about 7 minutes longer. Season with salt and pepper and set aside.

Preheat oven to 400 with rack in the center.

Using large baking pans (preferably cast iron) toss vegetables (keeping each variety separate, depending on size of pans, two vegetables per pan using two pans side by side in the oven) in extra virgin olive oil and sprinkle with kosher salt keeping vegetables side by side without stacking. Bake until almost tender (time will vary depending on vegetable and size) then brush all sides with cranberry balsamic glaze and continue to roast until tender. Remove from oven and brush again with glaze and add salt to taste if preferred. Repeat if needed with additional veggies for a large amount or use a double oven. Veggies can be served warm or at room temperature.

*Cranberry Balsamic Glaze may be prepared one day ahead.