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Honey & Balsamic Roasted Vegetables – 3 ways

If you have followed my other recipes you will know that honey and balsamic together are my favorite combo. You can mix and match the vegetables and make any combination.

This can also be turned into a delicious hearty winter soup. Follow the directions for the roasted veggies when cooked puree the vegetables with 4 cups of vegetable stock. Add salt and pepper to taste. For a coconut flavor use 3 cups of vegetable stock with one cup of coconut milk.

Ingredients:

- ½ lb cut in bite size pieces carrots
- ½ lb of peeled and cut in bite size pieces sweet potatoes
- ½ lb of peeled and cut in bite size pieces winter squash
- 1 large onion or 2 large shallots quartered
- 3 tbsp of olive oil
- ¾ tsp kosher salt
- ½ tsp black pepper
- 2 tbsp balsamic vinegar
- 1 tbsp honey

1. Preheat oven to 425 degrees. Line baking sheet with parchment paper or use a little olive oil to coat the pan.
2. In a large bowl, toss vegetables with 2 tablespoons of olive oil, salt, black pepper to coat thoroughly.
3. Transfer the vegetables to baking sheet and roast until tender and caramelized, approximately 30-40 minutes.
4. Remove vegetables and place back in the bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste the season with salt if needed.
5. Enjoy

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