



Roasted Beet Purée

Roasting vegetables brings out rich flavours. Give yourself permission to play with other vegetables.....what's in your garden or fridge, what flavours are you craving.....?

Roasted vegetable purée can also be made when you have an abundance of produce – either in your garden or from the market, and then stored in the freezer. You'll be happy on a cold day this winter when you can add the yummy flavours into a sandwich, pasta, soup, gravy, or sauce.

The beet puree is super yummy with spinach and feta or goat cheese in a wrap, on crackers or your favourite bread.



Ingredients

- beets
- lemon or lime juice
- olive oil
- spices
- chopped ginger
- salt and pepper

Directions

- ❖ Oven roast the beets until they are soft, allow time to cool before combining.
- ❖ In a food processor, combine all ingredients except olive oil on low speed. Slowly drizzle oil over mixture, process again until creamy and smooth.

Additional Roasted Veggie Variations

- sweet potato, squash, pumpkin, eggplant, caramelized onion, carrots, cauliflower, red peppers

Options for Spices

- coriander, cumin, parsley, basil, turmeric, fennel, dill, rosemary, orange or lemon zest

Options for Oils

- Feel free to use your favourite vegetable oil or herbed oils for added flavour