

Roasted Root Vegetables & Apples with Pecan Crumble



Ingredients

- 2 bunches of carrots, peeled and cut into 6cm pieces
- 3 yams, peeled and cut into large cubes
- 3 large yellow beets, peeled and cut into large cubes
- 3 Envy™ apples, cut into large cubes
- 1/2 cup extra virgin olive oil
- 2 tbsp kosher salt
- 3 cups of chopped pecans (for the topping)
- 1 tbsp extra virgin olive oil (for the topping)
- 2 tsp kosher salt (for the topping)
- 1/2 cup extra virgin olive oil (for the dressing)
- 3 tbsp Low GI honey (for the dressing)
- 1 tbsp finely chopped rosemary (for the dressing)
- 1 tbsp finely chopped parsley (for the dressing)

1/2 tsp kosher salt (for the dressing)

Method:

1. Preheat the oven to 200 degrees. You will want to roast each root vegetable separately because they all take different times to cook.
2. Toss each root vegetable separately with 2 tbsp olive oil and 2 tsp kosher salt. Spread evenly onto a sheet tray lined with parchment paper. Do the same with the apple cubes.
3. Roast in the oven until tender, stirring occasionally. Set aside.
4. Toss the pecans together with olive oil and salt and toast in the oven.
5. Toss all of the root vegetables and apples together and spread evenly in a baking dish.
6. Whisk together the ingredients for the dressing and then drizzle over top of the vegetables.
7. Sprinkle the toasted pecans over top of the finished and dressed vegetables and serve. Garnish with fresh parsley leaves.