



## Roasted Vegetables

These roasted vegetables are a simple Ayurvedic vegetable recipe that highlights the nourishing qualities of seasonal root vegetables.

**Servings: 4**

**Preparation Time: 60 minutes**



### Ingredients

- 1 small butternut squash, peeled and cut into 1-inch squares
- 1 large sweet potato, washed and cut into 1-inch squares
- 4 medium carrots, washed and cut into 1-inch squares
- 1 large onion, cut into 1-inch pieces
- 2 cloves of garlic, chopped
- 1 teaspoon **dried rosemary**, or 3 sprigs of fresh chopped
- 1 teaspoon **dried thyme**, or 3 sprigs of fresh chopped
- 1/4 teaspoon **ground black pepper**
- 1/2 teaspoon **salt**, or to taste
- 2 tablespoons of **olive oil** (or **ghee** or **coconut oil**)
- Garnish with **Fresh Cilantro Sauce**

## Roasted Vegetables (Cont.)



### Instructions

- Preheat oven to 425 degrees F.
- Oil a 9x5 baking pan.
- Place chopped vegetables and herbs in the pan with the olive oil (or other oil).
- Mix everything by hand so that the vegetables are coated in the oil and herbs, spreading the vegetables evenly in the pan.
- Bake for 35-45 minutes, stirring occasionally, until all of the vegetables are tender.
- Optional: Garnish with **Fresh Cilantro Sauce**

This recipe is appropriate for all dosha types. Add extra ghee or oil for Vata dosha.

*Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.*

*With love + wishes  
for balanced Agni,  
Belinda*

