

Roasted Turnips and Winter Squash



Ingredients

- 2 lbs turnips cut into 1 in chunks
- 1 small butternut squash
- 2 Tbsp olive oil
- 2 Tbsp chopped fresh sage
- 2 tsp salt
- 2 Tbsp honey or agave
- ¼ cup toasted sunflower seeds

Utensils

- Oven
- Baking sheet
- Parchment paper
- Spoon or Spatula
- Pastry Brush
- Oven Mitt
- Knife
- Bowl



Recipe Instructions

Step 1: Preheat oven

Preheat oven to 425 degrees
Line baking sheet with parchment paper

Step 2: Season Veggies

Toss the turnips and squash with the oil, sage, and salt.
Mix to combine

Step 3: Bake

Spread veggies onto parchment lined baking sheet.
Bake for 20 minutes, stirring halfway through.

Step 4: Reduce heat

Reduce your ovens heat to 400 degrees
Bake another 10-20 minutes until veggies are caramelized, stirring halfway through

Step 5: Finish

Once veggies are done baking, brush with honey or agave, and serve with sunflower seeds scattered on top

Step 6: Enjoy!

Let cool for a few minutes
Enjoy your roasted turnips and squash!



Scan this QR code with your phone to check out our Easy Eats for Every1 YouTube channel!

Kitchen Safety Tips:

- Always check the oven before turning it on
- Always use and oven mitt