

Roasted Veggies

- Beets
- Kohlrabi
- Butternut
- Eggplant

Seasonings:

- Salt
- Pepper
- Sugar
- Onion powder
- Garlic powder
- Lemon juice
- Red wine vinegar

Peel skin and cut into batons. Melt a tablespoon of butter in a sauté pan and add a splash of olive oil. Begin with beets and kohlrabi, and sauté on medium flame. Add butternut squash next, and eggplant last, after beets and kohlrabi begin to soften. After about 10 minutes, add some salt, pepper, garlic and onion powder to taste. As the vegetables soften, add a tablespoon of red wine vinegar and a table spoon of lemon juice, and a pinch of sugar. Toss with vegetables and allow sauce to reduce in the pan for another 5 minutes as veggies finish cooking. Some people prefer a little char on their veggies, just raise the heat just a little as they finish to achieve this.