

Thanksgiving with Tyler Florence – Roasted Holiday Vegetables

From the “Celebrate the Holidays with Better Homes and Gardens” iPad application



Toasted fennel, chunks of Yukon gold potatoes, and sweet yellow onion hit the right notes in this vegetable medley.

Prep: 25 min.

Roast: 35 min.

Oven: 400 degrees F

1 Tbsp. fennel seed

2 lb. Yukon gold potatoes, unpeeled, cut in chunks or wedges

1 large yellow onion, cut in half and sliced thick

2 heads fennel, cored and cut in wedges the same thickness as the onion slices (optional: reserve tops for serving)

2 sprigs fresh rosemary

2 Tbsp. extra virgin olive oil

Kosher salt and freshly ground black pepper

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1. Preheat oven to 400 degrees F. Toast the fennel seed in a skillet over medium heat for 3 to 5 minutes, shaking the pan often to prevent seeds from burning. (Toasting releases natural oils in the seeds.) Place potatoes, onion, and fennel wedges in a large bowl. Add the toasted fennel seed, rosemary sprigs, olive oil, and a few pinches of salt and pepper; toss.

2. Transfer the vegetable mixture to one large or two small parchment-lined rimmed baking sheets. Roast 35 to 45 minutes or until vegetables are crispy on the outside and tender on the inside when pierced with a fork. Remove from the oven, toss with the chopped fennel tops if desired, and serve warm. Makes 8 to 10 servings.

Each serving: 156 cal, 4 g fat, 0 mg chol, 103 mg sodium, 29 g carbo, 5 g fiber, 4 g pro.