



ROASTED ROOT VEGGIE HASH

This is one of my make-ahead veggie recipes that ensures I won't eat only protein all week long. It utilizes SIBO-friendly root vegetables (sorry, no white or sweet potatoes!). Because some of these can be bitter, I use mustard, lemon and herbs to balance the taste. It's a comforting, savory treat that's good for breakfast, lunch or dinner. Add a bag of organic spinach or some chopped swiss chard at the end of cooking time to enhance the flavor and nutrient profile even more.

INGREDIENTS

1 large celery root, peeled and chopped (1/2 pieces are best)

1 large rutabaga, peeled and chopped

1 large fennel bulb, cored and thinly sliced

4 large carrots, peeled and chopped

½ cup extra virgin olive oil (Yes, ½ cup. This gets dry otherwise.)

2 tablespoons Dijon mustard

Juice of 1 lemon

2 tablespoons herbes de provence (a mediterranean spice blend you can buy most places. Substitute 1 tablespoon thyme and 1 tablespoon oregano if you prefer.)

2 teaspoons sea salt

1 teaspoon ground pepper

DIRECTIONS

1. Preheat oven to 400.
2. Chop all veggies as directed and toss together in a big bowl.
3. In a small bowl, mix olive oil, mustard, lemon juice, herbs, salt and pepper.
4. Pour oil blend over the veggies and toss very well until everything is coated.
5. Spread veggies out on a large rimmed baking sheet and bake for 45 minutes, stirring every 15 minutes. If you want to add greens, toss them in for the last 15 minutes of cooking time.
6. Roasted until root veggies are slightly browned and fork tender. If the veggies look dry, drizzle them with a little more olive oil. Add salt and pepper to taste.
7. Serve as a side dish to chicken, beef, lamb or pork. Eat for breakfast with sliced sausage.