

Serving up a Side of Fall

Sweet Potato and Parsnip Puree

Serves 4

¾ lb sweet potatoes
¾ lb parsnips
3 tablespoons heavy cream, more if needed
1/2 teaspoon ground cinnamon
2 tablespoons maple syrup
Salt, to taste
Freshly ground black pepper, to taste

Add water to a large pot and bring it to a boil. Peel the sweet potatoes and parsnips and cut them into ½-inch thick pieces. Add the sweet potato and parsnip slices to the boiling water and cook for 12 minutes or until soft. Drain the sweet potatoes and parsnips and place them in the bowl of a food processor. Add the cream, cinnamon, and maple syrup and process until smooth. If more liquid is needed, add more cream until the desired consistency is reached. Season to taste with salt and freshly ground black pepper.

Roasted Broccoli with Parmesan

Serves 4

1 ½ lbs broccoli, stem removed, florets cut into bite-sized pieces
4 garlic cloves, thinly sliced lengthwise
3 tablespoons olive oil
Salt, to taste
Freshly ground black pepper, to taste
1/2 cup grated Parmesan cheese
Lemon juice, to taste

Preheat the oven to 425 degrees. In a large bowl, toss the broccoli, garlic cloves, and olive oil together. Sprinkle with salt and pepper. Spread the broccoli on a large baking sheet and bake for 15 minutes. Remove the baking sheet from the oven and sprinkle the broccoli with the Parmesan cheese. Bake for an additional 5 minutes or until the broccoli is crisp tender and the cheese is brown and crisp. Squeeze lemon juice over the broccoli and serve hot or at room temperature.

This recipe came from *Minced* at www.mincedblog.com.

Pan-browned Brussels Sprouts with Pancetta & Pine Nuts

Serves 4

2 tablespoons olive oil
1 tablespoon unsalted butter
1/3 cup finely chopped pancetta
1 garlic clove, thinly sliced
1 lb Brussels sprouts, trimmed and halved
3 tablespoons pine nuts
Salt, to taste
Freshly ground black pepper, to taste

In a large skillet, heat the olive oil and unsalted butter over medium heat. Add the garlic and sauté until the garlic slices are golden brown. Use a slotted spoon to remove the sautéed garlic from the skillet and set aside. Add the pancetta and cook until golden. Remove the pancetta from the skillet using a slotted spoon and set aside with the garlic.

Place the Brussels sprouts, cut side down, in the skillet and sprinkle the sprouts with the pine nuts. Reduce the heat to medium-low and cook for about 15 minutes or until the bottom of the Brussels sprouts are golden brown and crispy.

Once browned, season the sprouts with salt and pepper and return the sautéed garlic slices and browned pancetta to the skillet. Use a spoon to gently toss everything together. Serve immediately.

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