

FALL VEGGIES



Roast It, Mash It, Have It for Dessert

Beet cake? Oh, yeah! It's time to get creative with six of Canada's favourite autumn vegetables.

SWEET POTATO



ROAST IT

Add these beauties to classic scalloped potatoes for a hit of sweetness.



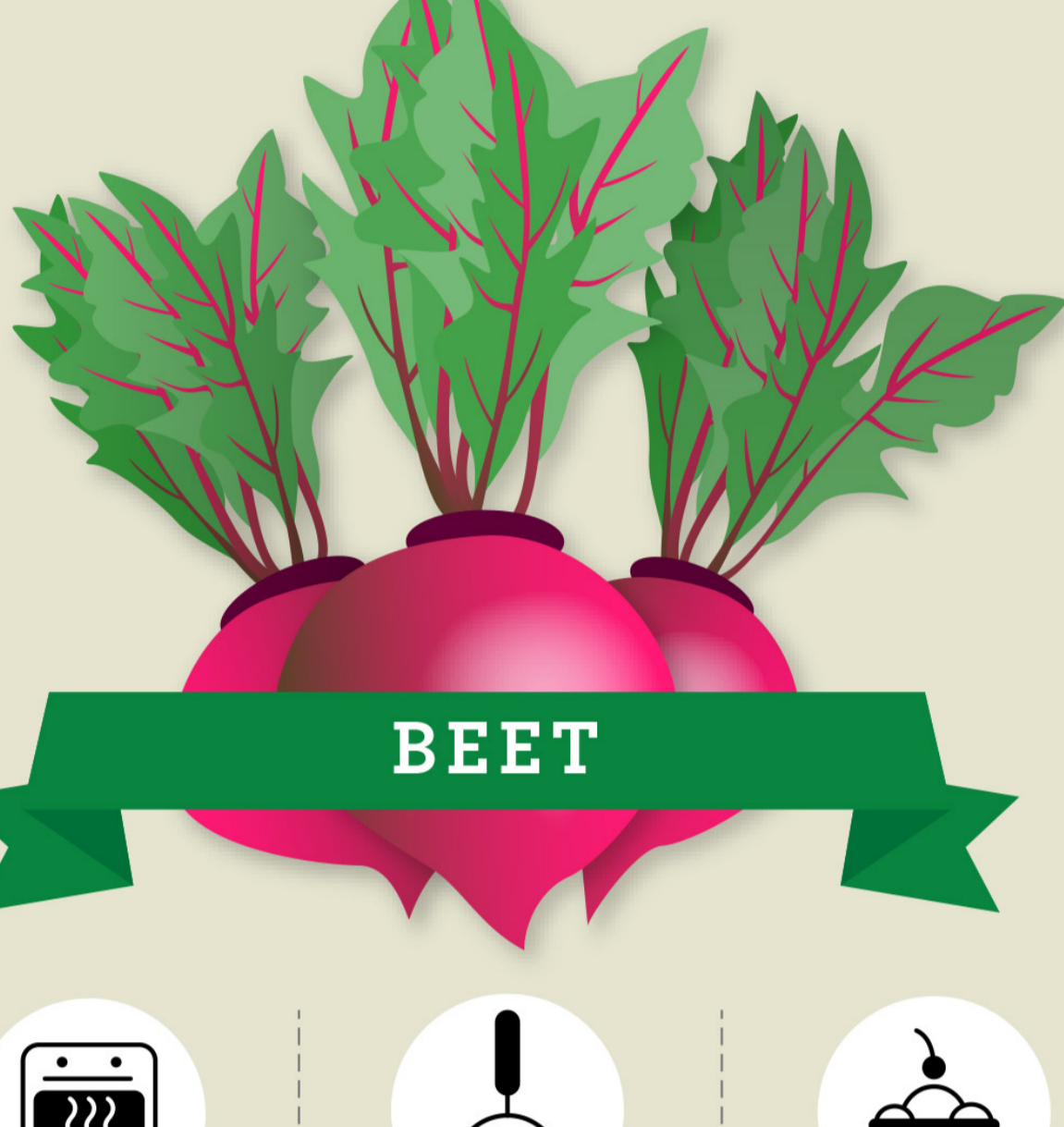
MASH IT

Sprinkle chives over a mix of mashed sweet and regular spuds for a more colourful side.



HAVE IT FOR DESSERT

Swap for pumpkin in everyone's fave Thanksgiving pie.



BEET



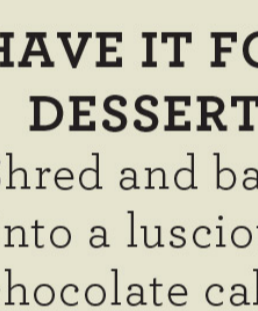
ROAST IT

Toss with maple-mustard vinaigrette for a roasted beet salad.



MASH IT

Boil and mash with tahini and spices for a tasty beet hummus.



HAVE IT FOR DESSERT

Shred and bake into a luscious chocolate cake.



CARROT



ROAST IT

Chunk and roast the roots, and turn the green tops into a zesty carrot pesto to drizzle overtop.



MASH IT

Mash cooked carrots and potatoes together for a goes-with-anything side.



HAVE IT FOR DESSERT

Grate 'em up and make a steamed pudding (in your slow cooker!) that tastes just like carrot cake.

PUMPKIN



ROAST IT

Toss roasted cubes with quinoa, feta and pepitas for a hearty dinner salad.



MASH IT

Purée and add to a creamy pasta sauce to serve over linguine.



HAVE IT FOR DESSERT

Bake into a bundt cake dotted with rum-soaked raisins – it may be better than pumpkin pie!

BUTTERNUT SQUASH



ROAST IT

Layer roasted squash, granola and yogurt for a savoury-sweet parfait.



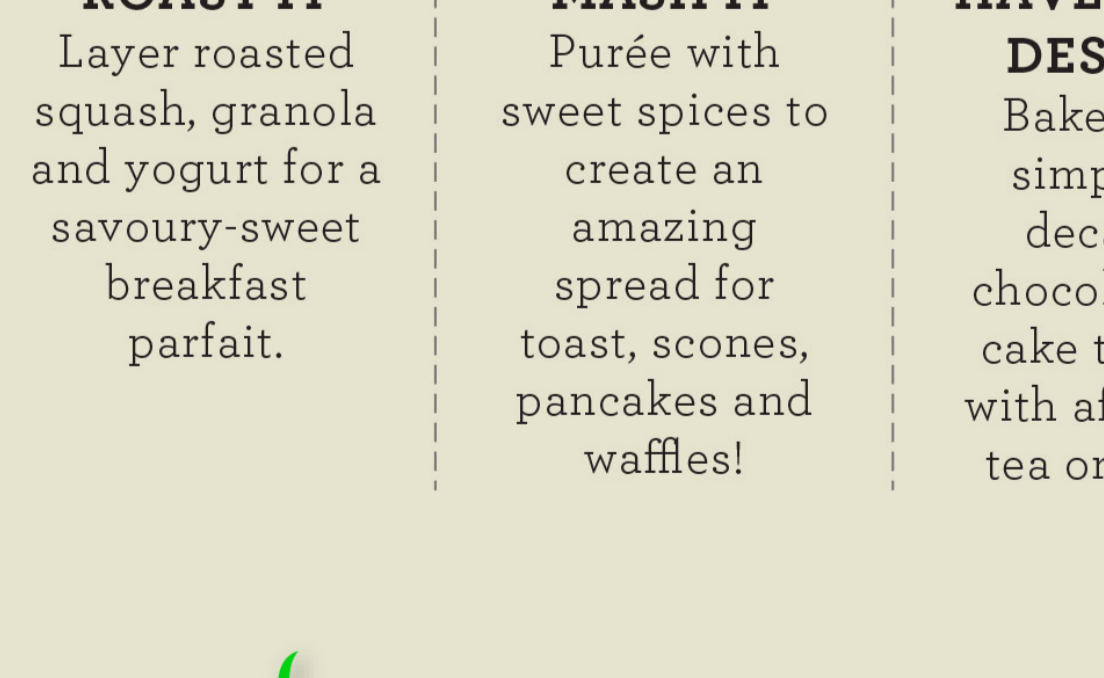
MASH IT

Purée with sweet spices to create an amazing spread for toast, scones, pancakes and waffles!



HAVE IT FOR DESSERT

Bake into a simple yet decadent chocolate loaf cake to enjoy with afternoon tea or coffee.

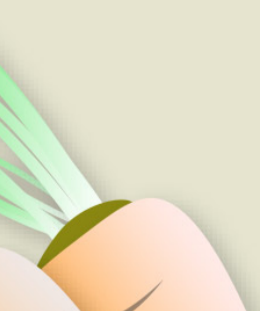


PARSNIP



ROAST IT

Toss parsnips in a mixture of grated Parm and spices before popping in the oven. Crispy, sweet heaven!



MASH IT

Skip the taters and mash parsnips instead – add a bit of cream cheese and buttermilk for tang.



HAVE IT FOR DESSERT

Swap parsnips for carrots in your dessert recipes. Parsnip cake, anyone?