

Roasted Veggies with Miso Glaze

Makes 4-6 servings

Ingredient

¼ cup (60 mL)	organic white miso
2 tbsp (30 mL)	maple syrup
1 tbsp (15 mL)	tamari
1 tbsp (15 mL)	toasted sesame oil
2 tsp (10 mL)	apple cider vinegar
	black pepper, to taste
6 cups (1500 mL)	chunked veggies (red onion, zucchini, mushrooms, peppers, etc)

Instructions

1. Preheat oven to 400F (200C) Line a baking tray with parchment paper.
2. In a large bowl, combine miso, maple syrup, tamari, sesame oil, vinegar and black pepper until smooth. Toss

chunked vegetables in miso glaze.

3. Roast in center of oven for 30-50 minutes, or until vegetables are cooked.