

# Apple Glazed Root Vegetables

*This recipe can be replicated using just about any root vegetable or hearty winter squash. Use what is in season, or what you have on hand!*

## INGREDIENTS:

- 8 fl oz apple cider
- 4 fl oz water
- 2 pounds root vegetables (carrots, parsnips, etc.) chopped into bite-sized pieces
- 2 Tb butter
- 1 Tb blueberry or apple cider vinegar

1. Bring cider and water to a boil over high heat.
2. Add chopped carrots and reduce heat to medium.
3. Cook until carrots are done but still firm, they will continue cooking so be sure they are not too soft.
4. Remove pot from heat.
5. With a slotted spoon, remove carrots from liquid. If you don't have a slotted spoon, drain through colander set over a bowl to catch the cooking liquid.
6. Return pot back to the stove and over high heat, reduce liquid to desired consistency.
7. Add butter and vinegar and stir to combine.
8. Toss with cooked carrots and serve warm.