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# Maple-Glazed Roast with Winter Vegetables

*Makini Howell*

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Preparation Time: 35 minutes

Start to Finish Time: 1 hour 15 minutes

## **FOR THE GLAZE AND ROAST**

**1 stick unsalted vegan butter, melted**

**3/4 cup Dijon mustard**

**1/2 cup pure maple syrup**

**2 tablespoons vegan Worcestershire sauce**

**1 tablespoon garlic powder**

**sea salt**

**freshly ground pepper**

**1 one-pound plant-based roast**

## **FOR THE VEGETABLES**

**1/2 pound assorted winter vegetables (such as acorn squash wedges and mushroom caps)**

**vegetable oil (for drizzling)**

**2 cloves garlic, minced**

**sea salt**

**freshly ground pepper**

**Make the Glaze:** In a bowl, whisk the melted butter, mustard, maple syrup, Worcestershire sauce and garlic powder. Season liberally with salt and pepper. Set aside.

**Cook the roast:** Preheat the oven to 375 degrees. Place the roast in a roasting pan or baking dish and pour the glaze on top. Cover with foil and bake for 15 minutes. Remove the foil and bake for 5 more minutes.

**Meanwhile, make the vegetables:** Place the vegetables on a rimmed baking sheet and drizzle with vegetable oil. Add the garlic. Season with salt and pepper. Toss to coat. Roast until almost fork-tender, 10 to 15 minutes. (If you are mixing vegetables, note that they may be done at different times.)

Slice the roast about 1/4 inch thick in the pan. Add the roasted vegetables to the pan with the roast. Brush everything with the glaze from the pan. Cover with foil and return to the oven. Roast about 10 minutes, then remove the foil and continue roasting until the glaze starts to bubble and caramelize and the vegetables are fork-tender, about 10 more minutes.

Yield: 4 to 6 servings

## **Vegetarian**

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*Per Serving (excluding unknown items): 172 Calories; 8g Fat (37.7% calories from fat); 10g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2257mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.*