

Winter Vegetable Hash

Few areas are as enticing to foodies as New York's Hudson Valley. On par with California's Napa Valley as a destination for culinary tourists, the region is peppered with farms, farmers' markets, gourmet shops, and distinctive restaurants. And of course, it's home to The Culinary Institute of America.

Two gems among many in the valley are Laura Pensiero's Gigi Trattoria in Rhinebeck and Gigi Market, a year-round farmers' market in nearby Red Hook. With a dietitian's knowledge and a chef's sensibilities, Pensiero has created more than 120 recipes organized by the seasons in *Hudson Valley Mediterranean: The Gigi Good Food Cookbook*. This rich collection showcases not only her restaurant and market but the talents of individuals on both banks of the Hudson, where eating locally, seasonally, and organic—from farmers to craftsmen—is a well-entrenched habit.

Take a bite from *Hudson Valley Mediterranean* and sample a comforting and healthful dish just right for the season. 🍴

Winter Vegetable Hash

Makes 8 servings

Hash comes from the French verb *hacher*, to chop. This exactly describes this mélange of seasonal vegetables.

- 1 medium celery root, peeled and cut into ¼- to ½-inch dice
- 2 large carrots, cut into ¼-inch dice
- 6 tablespoons olive oil
- 1 medium butternut squash, peeled and cut into ½-inch dice
- 1½ pounds Corola or Yukon Gold potatoes, cut into 1-inch dice
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 6 fresh sage leaves
- 2 tablespoons chopped fresh flat-leaf parsley
- Salt and freshly ground pepper

Preheat the oven to 400°F.

Spread the celery root and carrots on a rimmed baking sheet (the vegetables should fit in one layer), and drizzle with 2 tablespoons of the olive oil. Toss to coat. Repeat with the butternut squash, potatoes, and another 2 tablespoons olive oil on a second baking sheet. Place both sheets in the oven and roast, stirring once midway through, for 15 to 20 minutes, until all the vegetables are tender and lightly browned.

When the vegetables are done roasting, heat the remaining 2 tablespoons olive oil in a large skillet or sauté pan over medium-high heat. Add the onions, garlic, and sage and cook, tossing or stirring, until the onions are soft and lightly browned, about 7 minutes.



Turn up the heat and add the roasted vegetables to the pan. Cook, tossing or gently stirring occasionally, until the vegetables are hot, golden, and crispy on the edges. Add the parsley and season with salt and pepper. Serve hot or at room temperature.

TD&N Nutrient Analysis: Calories: 270; Total Fat: 11 g; Saturated Fat: 2 g; Polyunsaturated Fat: 2 g; Monounsaturated Fat: 8 g; Cholesterol: 0 mg; Sodium: 80 mg; Carbohydrates: 43 g; Fiber: 7 g; Protein: 5 g

Serving Suggestions: For a full meal, top with an over-easy egg.

Nutrition: Rich in vitamins A and C, as well as B vitamins, potassium, magnesium, and fiber

*See the book for variations and suggestions for incorporating leftovers.

Recipe reprinted with permission from *Hudson Valley Mediterranean: The Gigi Good Food Cookbook* by Laura Pensiero, www.harpercollins.com

