

As the nights draw in this dish provides a comforting bowl of vibrant colour and taste, with a little bit of spice to bring out the earthy and sweet notes from beetroot and butternut squash.

Beetroot is gracing our shelves in a variety of beautiful colours from the rich dark red we all know so well, through to yellow and candy-striped varieties. Beetroot is a great source of fibre, folate, manganese, potassium, iron, vitamins C and B6, and the antioxidant alpha-lipoic acid. As always different colours contain different levels of various phytochemicals so aim for the rainbow to ensure you consume a variety. Betacyanin is a nitrogen-containing compound which gives beetroot the trademark red-purple colour, and its nitrate content is responsible for its links with heart health and oxygen delivery to our muscles.

Butternut squash, similar to other squashes contains good levels of beta-carotene, lutein and zeaxanthin, potassium, and fibre. Butternut squash contains about 284mg of potassium per 100g so those on beta blockers or ACE inhibitors who are asked to minimise their intake of potassium rich foods should only consume in moderation.

### **Harissa roasted beetroot and butternut squash**

(serves 2-4)

1/2 medium butternut squash

1 medium beetroot

1 red onion

1 tbsp harissa

1 tbsp extra virgin olive oil

Black pepper

Heat the oven to 180°. Wash the beetroot and butternut squash.



Dice the butternut squash into cubes about 2cm square, you can leave the skin on for a little extra fibre or remove it if you prefer. Transfer to a large roasting tray/dish.

Dice the beetroot into similarly sized cubes and add to the tray. Peel the red onions and slice into wedges adding to the other vegetables.

Add the harissa, olive oil and a pinch of black pepper to the vegetables giving it a good mix so everything is coated. Pop in the oven for around 30-40 minutes until cooked through.

I like to serve this on a bed of mixed leaves with crumbled feta, a squeeze of fresh lemon and a sprinkling of mixed seeds, enjoy!

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