

Hearty Baked Vegetables

This warming dish, with its attractive fall colors, is especially appealing during autumn or winter.

Preheat oven to 375°F. Place kombu in a pie plate or small baking dish. Add water and soak at least 10 minutes. Remove kombu and cut it into 1-inch pieces, reserving soaking water. Place all vegetables in a baking pan or casserole dish. Add shoyu to kombu soaking water and pour over vegetables. Cover and bake until tender (about 50-60 minutes). Serve hot.

Preparation List:

Serves 3-4

- 6-inch strip kombu
- 1 cup water
- 1 large onion, halved and sliced into wedges
- 1/2 head cabbage, sliced into 3/4-inch wedges
- 2-3 large carrots, cut into small bite-sized chunks
- 1/2 butternut squash (peeled) or buttercup squash (unpeeled), cut into large bite-sized chunks
- 1 tablespoon plus 1 teaspoon shoyu