

Roasted Root Veggies

Robust, earthy and nutrient-dense, roasting root vegetables caramelizes their natural sugars, bringing out the sweetness.

Sept 1: Gather your ingredients

You'll need about 5 cups of chopped roots for this recipe.

Mix and match beets, carrots, parsnips, rutabagas, sweet potatoes, gold or red potatoes and onion.

- 1/4 cup olive oil
- 1 TBSP salt
- black pepper to taste

Add your favorite seasoning blend:

- Rosemary & garlic
- Cumin & chili pepper
- Italian herbs

Step 2: Wash, peel, then chop your veggies into 1.5 inch cubes.

Step 3: Toss with oil, salt and your choice of seasonings.

Step 4. Spread on two large baking sheets lined with baking parchment so the veggies are spread in a single layer with some air space for browning.

Roast in a pre-heated oven at 450F for 35-45 minutes until crispy-brown.

Serves 4.



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