

ROASTED ROOT VEGETABLES

Serves 8 | Serving size: 2/3 cup

Prep Time: 20 min

Cook Time: 40 min

INGREDIENTS

- 3 carrots
- 2 parsnips
- 2 orange sweet potatoes
- 1 medium yellow onion
- 1 red onion
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper

DIRECTIONS

- Preheat oven to 425°F.
- Line a baking sheet with parchment or tin foil.
- Thoroughly wash and cut unpeeled vegetables into bite sized chunks.
- In a large bowl, combine vegetables, oil, salt and pepper.
- Spread in an even layer on baking sheet.
- Bake for 40 minutes, tossing halfway.

Information is per 2/3 cup serving:

| | | | | | | | | |
|-------------------------|--------------------------|------------------------|--------------------------|-----------------------|----------------------|----------------------|----------------------|------------------------|
| 70 | 3.5g | 0g | 0g | 75mg | 9g | 2g | 5g | 2g |
| <small>CALORIES</small> | <small>TOTAL FAT</small> | <small>SAT FAT</small> | <small>TRANS FAT</small> | <small>SODIUM</small> | <small>CARBS</small> | <small>FIBRE</small> | <small>SUGAR</small> | <small>PROTEIN</small> |

Make it your own!



This recipe is great with a variety of vegetables.

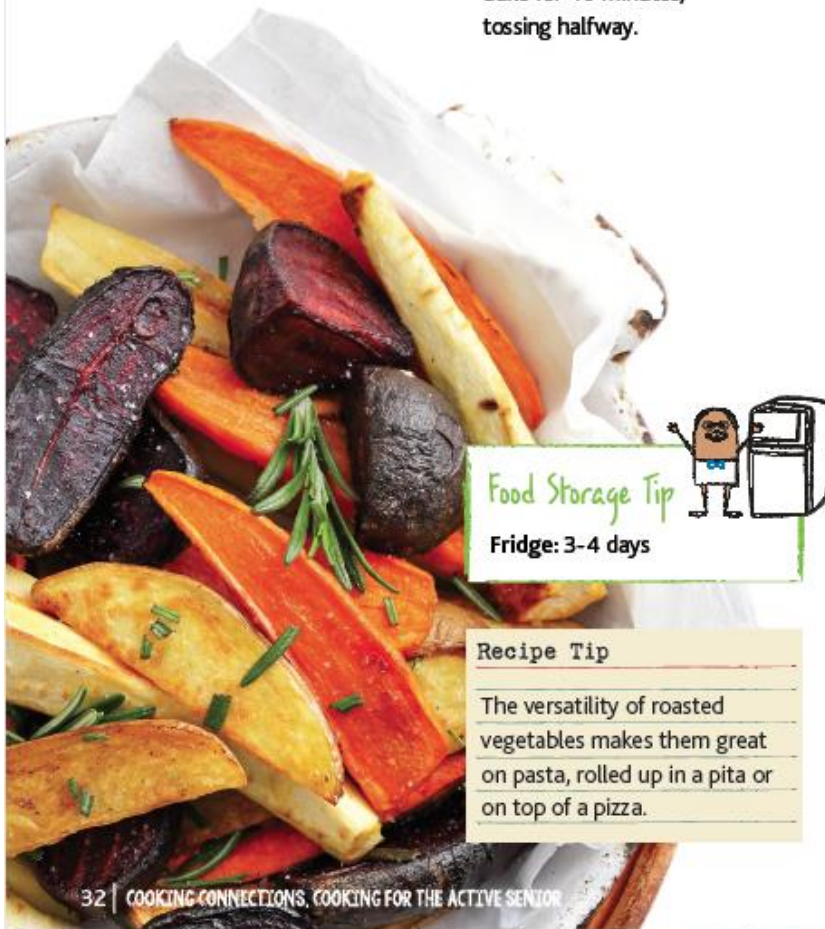
A variety of vegetables can be roasted. They are an easy and delicious addition to any meal

Give these veggies a try:

- Cauliflower
- Cherry tomatoes
- Peppers
- Asparagus
- Beet
- Eggplant
- Brussels sprouts
- Zucchini

Cooking times will vary for different vegetables. Here is a brief guide to roasting vegetables at 425°F:

- Soft or thin vegetables
Zucchini, tomatoes, kale, asparagus, bell peppers, etc.
10-20 minutes
- Cruciferous vegetables
Broccoli, cauliflower, brussels sprouts, etc.
15-25 minutes
- Root vegetables or squash
Potatoes, carrots, beets, butternut squash, etc.
25-50 minutes



Food Storage Tip

Fridge: 3-4 days



Recipe Tip

The versatility of roasted vegetables makes them great on pasta, rolled up in a pita or on top of a pizza.