Roasted Root Vegetables

Prep time: 10 minutes  
Total time: 40 minutes  
Yield: 6 servings

Ingredients:
1 pound beets, peeled  
1 pound carrots  
1 pound sweet potato  
2 yellow onions, peeled  
1 tablespoon avocado or olive oil  
½ to 1 teaspoon sea salt  
½ teaspoon black pepper, freshly ground  
Parsley to garnish (optional)

Directions:
1. Pre-heat oven to 400 degrees F.  
2. Wash and prepare all vegetables. Cut all vegetables into roughly 1 inch cubes or chunks.  
3. Combine all vegetables in a large bowl and toss to coat with oil, salt, and pepper.  
4. Place a piece of parchment paper on a sheet pan and spread out vegetables on top.  
5. Bake for about 25 to 30 minutes or until vegetables are tender.  
6. Garnish with parsley if desired and serve hot.

Note:
- Roasted root vegetables are a great way to use up a variety of winter root vegetables. Add whatever you have- celeriac, potatoes, parsnips, turnips, or winter squash can all be added or substituted for the beets, carrots, and sweet potatoes in the recipe.  
- These veggies are a delicious addition to a winter salad to increase the nutrition, carbohydrates, and nourishment.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Amount</th>
<th>% Daily Value*</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving (9.5 oz)</td>
<td>269 g</td>
<td>4%</td>
<td>Total Carbohydrates</td>
<td>33g</td>
</tr>
<tr>
<td>Calories</td>
<td>165</td>
<td>2%</td>
<td>Dietary Fiber</td>
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<td>From fat</td>
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<td>Sugars</td>
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<tr>
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<td>0%</td>
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<tr>
<td>Sodium</td>
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<td>15%</td>
<td>Vitamin A</td>
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<tr>
<td>Calcium</td>
<td>7%</td>
<td>9%</td>
<td>Vitamin C</td>
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* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.