



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.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	269 g	Total Fat	2.8g 4%	Total Carbohydrates	33g 11%
1 serving	(9.5 oz)	Saturated	0.4g 2%	Dietary Fiber	7g 29%
Calories	165	Trans Fat	0g	Sugars	13g
From fat	24	Cholesterol	0mg 0%	Protein	4g 7%
<i>HappyForks.com</i>		Sodium	349mg 15%	Vitamin A	472% • Vitamin C 27%
		Calcium	7% • Iron 9%	* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	