Healthy Eating

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Roasted Root Vegetables

Serving Size: 1/4 of recipe; Yield: 4 servings

Roasting root vegetables adds a delightful sweet taste. Cut vegetables into chunks that are similar in size so they will finish roasting at the same time.

Ingredients:

- 4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 chopped carrots
- 1 medium chopped onion
- 1/4 cup vegetable oil **(1)**
- Season with your favorite spices **(2)**

Instructions:

1. Preheat oven to 350 degrees F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender. **(3)**

Alice's Notes:

1. Depending on the size of your vegetables, you may be able to use slightly less oil. You might add one tablespoon of oil at a time until the vegetables are coated.
2. I sprinkled a mixture of 1/4 teaspoon of dried thyme, 1/4 teaspoon dried rosemary and 1/8 teaspoon black pepper on the vegetables. Another possibility would be to substitute 1/2 teaspoon Italian seasoning for the thyme and rosemary.
3. Start checking the vegetables for tenderness at about 45 minutes. I cut mine into about 1-inch chunks and they baked in 50 minutes in my oven.

Source: SNAP-Ed Connection Recipes at http://recipefinder.nal.usda.gov - Adapted from: Montana Extension Nutrition Education Program Website Recipes, Montana State University Extension Service. Author: Montana State University Extension Service http://www.montana.edu/nep/recipes.htm

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