

Roasted Root Vegetables

Here's how to roast root vegetables, the super easy way:

What you'll need:

root vegetables (be bold and try something you never roasted, such as a turnip or rutabaga)

Baking sheet

parchment paper

olive oil

Celtic sea salt

Herbs (optional)

1. Pre-heat the oven to 350 degrees Fahrenheit. Line a baking sheet with a piece of parchment. Peel and cut the root vegetables of your choice into cubes or squares. Cut all the pieces approximately the same size to ensure a uniformed roasting time.
2. Place the cut vegetables on the prepared baking sheet and drizzle a generous amount of olive oil over them. Season with salt & herbs. Cover with another piece of parchment paper. (Be sure to cover the veggies fully, but do not crimp the edges.)
3. Place in the oven and roast for about 30 minutes, or until vegetables are tender. If you want to take it one step further and brown the cooked roots for a richer flavor, switch the oven to grill (high heat), remove the parchment paper and allow to brown (caramelize) for a few minutes.
(Caution: Keep your attention on the veggies while it is under the grill because the browning process happens very quickly!)

Original recipe by Karen Wang Diggs, Certified Nutrition Consultant + Therapeutic Chef

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