



ROASTED ROOT VEGETABLES

Intermediate Lifestyle

Ingredients

1-1/2 lbs. assorted root vegetables, such as parsnips, carrots and beets
2 TBS olive oil
pinch salt to taste
freshly ground black pepper

Instructions

1. Preheat oven to 350°.
2. Peel and cut vegetables into 1/2" cubes. Toss in olive oil and season with salt and pepper.
3. Place on a baking sheet and roast in the oven for 15 to 20 minutes. The vegetables are cooked when they are easily pierced by a fork..

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1/2 cup = 1 V