



## **SHEET PAN ROASTED ROOT VEGETABLES**

Advanced Lifestyle

### **INGREDIENTS**

2 large carrots  
2 medium parsnips, peeled  
2 medium beets, peeled  
1 medium red onion  
1 medium sweet potato  
3 TBS extra-virgin olive oil  
1 ½ TBS apple cider vinegar or balsamic vinegar  
1 TBS fresh herbs, such as thyme, rosemary or sage  
½ TSP kosher salt  
½ TSP ground pepper

### **INSTRUCTIONS**

- Position racks in upper and lower thirds of oven; preheat to 425°. Line 2 large baking sheets with parchment paper.
- Cut carrots and parsnips into 1/2-inch-thick slices on a diagonal, then cut into half moons. Cut beets and onion into 1/2-inch-thick wedges. Cut sweet potato into 3/4-inch cubes. You should have about 12 cups raw vegetables.
- Toss the vegetables with oil, vinegar, herbs, salt and pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer.
- Roast the vegetables, rotating the pans top to bottom halfway through, until fork-tender, 30 to 40 minutes.

**SERVING INFO:** (Serves 8): 1 cup = 1 V, 1/2 G, 1/2 FT