



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: (Yields 8 servings):

1 cup = 2 V, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).