

FRESH TO YOU

A Fundraiser Brought To You By The



Roasting vegetables brings out their natural sweetness and is a healthy and easy side dish to prepare.

Recipe

Roasted BC Root Vegetables

Yield: 4 servings

Prep time: 20 minutes

Cook time: 30 minutes

Ingredients:

2 medium	BC Beets, peeled and diced
1 medium	BC Turnip, peeled and diced
2 medium	BC Parsnips, peeled and diced
2 medium	BC Carrots, peeled and diced
2 medium	BC Yellow Onions, peeled and diced
60 ml (1/4 cup)	Canola Oil
	Salt and Pepper

Preparation:

* It does not matter what size you dice your vegetables, just be sure that all vegetables are cut to a similar size so that they cook evenly. Larger vegetable pieces will take longer to cook. The vegetables can also be sliced instead of diced.

1. Line a baking sheet with parchment paper or a silicone mat to reduce sticking. Otherwise, use a non-stick baking sheet.
2. Pre the heat oven to 400°F.
3. Place all the cut vegetables into a large mixing bowl. Add the oil and toss the cut veggies in oil. Lightly season with salt and pepper and mix again.
4. Spread the vegetables out on a baking sheet. Make sure they are in a single layer.
5. Place the baking sheet in the oven. Roast the vegetables for 15 minutes. Using a spatula, turn the vegetables over to ensure even cooking and prevent burning.
6. Continue to cook the vegetables for another 15 minutes. Check for doneness by inserting a fork into one of the larger pieces. The vegetables are done when they are browned and the fork can easily pierce the vegetables.
7. Serve and enjoy.