

# Roasted Root Vegetables

## INGREDIENTS

- 4 cups of root vegetables (turnips, sweet potatoes, carrots, parsnips and beets), peeled and roughly cut into 1 inch chunks
- 3 tablespoons of olive oil
- Salt and pepper
- Fresh thyme (optional)



## INSTRUCTIONS

- Preheat the oven to 425 F.
- Prepare a baking sheet with aluminum foil and spread vegetables in an even layer.
- Place in the oven for 20 minutes.
- Remove sheet from oven, turn and add fresh thyme.
- Continue to cook for another 20-30 minutes, until the veggies are nice and brown.

**Prep Time**                      **10 minutes**

**Cook Time**                    **40-50 minutes**

**Total Time**                  **50-60 minutes**