

Roasted Root Vegetables



Ingredients:

- 4 medium root vegetables (choose from: sweet potatoes, rutabagas, turnips, parsnips, beets)
- 2 carrots
- 1 medium onion, chopped
- 1/4 cup canola or olive oil
- 3 tablespoons Parmesan cheese

Directions:

1. Preheat oven to 350F.
2. Cut vegetables into large, even chunks.
3. Place in a large bowl. Coat vegetables evenly with oil and Parmesan.
4. Spread vegetables in an even layer on a baking sheet.
5. Bake for 1 hour or until tender.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>