

Roasted Sweet Potatoes and Carrots



Ingredients:

- 2 large sweet potatoes, peeled and cubed
- 3 cups baby carrots
- 1 large onion, roughly chopped
- 1 tablespoon olive or canola oil
- 1 teaspoon dry Italian seasoning
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425 degrees.
2. In a large bowl, combine the sweet potatoes, carrots, and onions.
3. Toss with oil to coat.
4. Sprinkle with seasonings, including salt and pepper. Toss to coat evenly.
5. Spread onto a greased baking sheet in a single layer.
6. Cook for 25-30 minutes, turning after half the time.
7. Serve hot.

Makes 6 servings.



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