

Roasted Root Vegetables

EDIBLE ENERGY

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Ingredients

1 lb. fresh copped beets
1 lb. fresh chopped sweet potatoes
½ lb. fresh chopped carrots
½ lb. fresh chopped parsnips
1 small red onion, chopped
¼ cup olive oil
2-3 tablespoons Mrs. Dash's original seasoning blend
½ teaspoon Himalayan Pink Salt



- Preheat oven to 425°
- Place beets, sweet potatoes, carrots, parsnips and onion in a bowl.
- Drizzle olive oil, Mrs. Dash's seasoning and Himalayan Pin Salt over vegetables.
- Mix well
- Prepare a cookie sheet with aluminum foil sprayed with non-stick spray
- Place the root vegetable mixture on the prepared cookie sheet
- Roast for approximately 30 minutes, mix vegetables for better cooking after 15 minutes

Calories: 140/serving

Yield: 8 servings