ROASTED ROOT VEGETABLES

SERVES 4

Preparation time: 20 minutes
Cook time: 45-60 minutes

INGREDIENTS

4 medium root vegetables (potatoes, rutabagas, turnips, parsnips, sweet potatoes, etc.)
2 diced carrots
1 medium chopped onion
2 tablespoons vegetable oil or canola oil
1 teaspoon garlic powder
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350° F.
2. Peel and cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add garlic powder and mix well. Season with salt and pepper to taste.
4. Spread mixture into baking pan or casserole dish.
5. Bake for 45-60 minutes, until tender.

WAYS FOR KIDS TO HELP

• TEENS CAN peel and chop vegetables.
• YOUNGER CHILDREN CAN stir ingredients together.

SIMPLY GOOD EATING