

Roasted Root Vegetables

Ingredients

- 1 pound of beets, chopped
- 1 pound of radishes, chopped
- 2 carrots, chopped
- 1 small yellow onion, chopped
- 3 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Black pepper to taste

Instructions

1. Preheat oven to 375° F
2. In a large bowl place olive oil, paprika, garlic, and black pepper.
3. Add the vegetables (uniform in size) to the bowl and mix well.
4. Lay out on a lined ½ sheet tray and roast in oven until vegetables are fork tender, around 30 to 40 minutes.
5. Enjoy!

Makes 4 servings

Culinary Medicine, Nutrition Services



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