



Roasted Root Veggies

INGREDIENTS

- 1 head garlic, separated into cloves and peeled
- 1-2 pounds root vegetables, peeled and cut in 1 inch pieces (potatoes, carrots, parsnips, turnips, rutabagas, beets, sweet potatoes)
- 1 medium onion, peeled, in ¼-inch wedges
- 2 Tbsp olive oil
- Salt and pepper (or red chile powder)

INSTRUCTIONS

Heat oven to 400 degrees. Put vegetables (except garlic) in a roasting pan (do not crowd). Toss with oil and sprinkle with salt and pepper. Roast, stirring every 15 minutes till tender and evenly browned, 45–50 minutes. Add garlic cloves during last 20 minutes. Taste and adjust seasonings.

Variations:

- Cut carrots slightly smaller. Turnips in ½-inch wedges.
- Try carrots and onions with 3 Tbsp balsamic vinegar; roast at 375 for 30 minutes, then 425.
- Try turnips, shallots, and garlic with 2 tsp chopped fresh rosemary.
- Try equal amounts parsnips and carrots with green onions sliced in half lengthwise, cooked at 350 for 30 minutes and 425 for 15–20 minutes. Sprinkle with pepper and mint.