

ROASTED VEGETABLES

SERVES 8

Lay vegetables in a single layer onto parchment-lined baking sheets.

Toss with olive oil, salt, and pepper.

Roast at 425° for approximately 20 – 25 min until tender.

Remove from oven and top with parsley, optional.

DEEDEE'S NOTES:

- Vegetables can be prepped earlier in the day. Prepped carrots, parsnips, and sweet potatoes can be refrigerated in water so not to turn brown.
- If prepping within 2 hours of roasting, toss in olive oil, cover, and keep at room temperature.



INGREDIENTS

Choose any combination of winter vegetables cut into 1 – 1 ½" cubes. Carrots and parsnips can be thick sliced on the diagonal.

1 pound carrots, orange or multi-colored, peeled

1 pound parsnips, peeled

1 large sweet potato, peeled

1 small butternut squash, peeled and seeded (about 2 pounds)

1 – 2 lbs Brussels sprouts, trimmed and halved.

3 – 4 tbsp olive oil

1 ½ – 2 tsp salt or McCormick Mediterranean Spiced Sea Salt

½ - 1 tsp freshly ground black pepper

Parsley, chopped, optional.