

Chef Carmella's Roasted Root Vegetables Recipe



Instructions

Peel and cut the vegetables into 1 inch cubes

Drizzle with olive oil, salt, pepper, brown sugar, cinnamon, nutmeg, and garlic

Arrange vegetables in a roasting pan or one level at 425 degrees roast for 20-25 minutes or until tender, turn once

Serve with an entrée or light salad

Ingredients

- 1 lb of carrots, peeled
- 1 lb of parsnips, peeled
- 1 small butternut squash peeled and seeded or 1 lb ready cut
- 1 lb of sweet potatoes
- 2 small Beets, peeled
- 2 apples
- 1 red onion
- ½ cup of olive oil
- 2 tsp of kosher salt
- 1 tsp of black pepper
- ½ cup of brown sugar
- 2 tbsp of cinnamon
- 1 tsp of garlic powder or minced garlic

