

ROASTED BC ROOT VEGETABLES



INGREDIENTS

2	Medium BC Beets, peeled and diced	2
1	Medium BC Turnip, peeled and diced	1
2	Medium BC Parsnips, peeled and diced	2
2	Medium BC Carrots, peeled and diced	2
2	Medium BC Yellow Onions, peeled and diced	2
1/4 cup	BC Canola Oil	60 ml
to taste	Salt & Pepper	to taste

DIRECTIONS

1. Line a baking sheet with parchment paper or a silicone mat to reduce sticking. Otherwise, use a non-stick baking sheet.
2. Pre heat the oven to 400 F.
3. Place all the cut vegetables into a large mixing bowl. Add the oil and toss the cut veggies in oil. Lightly season with salt and pepper and mix again.
4. Spread the vegetables out on a baking sheet. Make sure they are in a single layer.
5. Place the baking sheet in the oven. Roast the vegetables for 15 minutes. Using a spatula, turn the vegetables over to ensure even cooking and prevent burning.
6. Continue to cook the vegetables for another 15 minutes. Check for doneness by inserting a fork into one of the larger pieces. The vegetables are done when they are browned and the fork can easily pierce the vegetables.



CHEF'S TIP

It does not matter what size you dice your vegetables, just be sure that all vegetables are cut to a similar size so that they cook evenly. Larger vegetable pieces will take longer to cook. The vegetables can also be sliced instead of diced.