



ROASTED ROOT VEGETABLES



Approx. 1.5
hour



4 servings

INGREDIENTS

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese

DIRECTIONS

- Wash hands with soap and water.
- Preheat oven to 350 degrees.
- Cut vegetables into large chunks.
- Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
- Spread an even layer on a baking sheet or pan.
- Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Recipe source adapted from: myplate.gov



Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. USDA does not endorse any products, services, or organizations. Provided by Food Bank of Delaware.

This institution is an equal opportunity provider.