
**Waukesha County
UW Extension
Farmers Market Fresh**

Roasted Root Vegetables

Ingredients:

Serves 6

4 medium-sized root vegetables
(choose a variety from potatoes,
rutabagas, turnips, parsnips, beets,
sweet potatoes, etc.)

2 chopped carrots

1 medium chopped onion

¼ cup vegetable oil*

Season with your favorite spices



*You can use less oil depending on the size of the vegetables—try adding oil one tablespoon at a time until coated.

Directions:

1. Preheat oven to 350°F.
2. Cut vegetables into large (1 inch) chunks. (Make chunks similar in size so they finish roasting at the same time.)
3. Place in a medium bowl and pour oil over top. Add seasonings and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 45 minutes to 1 hour or until tender.

This recipe was modified from University of Nebraska–Lincoln Extension.