

ROASTED FALL VEGGIES

INGREDIENTS

4 carrots - chopped in 1 inch chunks
4 beets - chopped in 1 inch chunks
20 brussel sprouts, bottoms removed. Cut
in half if too large
1 onion - chunked
4 garlic cloves
1 sweet potato in 1 inch chunks
Olive oil
Sea salt
fresh ground pepper
fresh rosemary (optional)

You can add mushrooms or chunked
butternut squash—any fall veggie. The
important detail is to keep veggies about
the same size so they cook evenly.



THIS IS A HUGE HIT AT
THANKSGIVING AT MY HOUSE! C.J.

DIRECTIONS

1. Pre heat oven to 400 degrees. Cut all
veggies, place on parchment covered
baking sheet. Drizzle olive oil and salt
and pepper to taste over veggies, and
toss with your hands. Make sure all
veggies are evenly coated.
2. Place in oven for 30 - 45 minutes.
Time varies greatly according to size
and types of veggies used.

When done, veggies are caramelized and
delicious.

Leftover
veggies are
great thrown
in a frittata.

