

SWEET ROASTED VEGETABLES

Ingredients:

1 lb. carrots, peeled
1 lb. parsnips, peeled
1 large sweet potato peeled
1 small butternut squash, peeled and seeded
2 apples
3 Tablespoons olive oil
Salt to taste
Pepper to taste
Drizzle honey on vegetables

Directions:

Preheat oven to 425 degrees F.

Cut the carrots, parsnips, sweet potato, butternut squash and apple in ~ 1 to 1 ¼" cubes (all same size for even roasting). All the vegetables will shrink while baking, so don't cut them too small.

Place all the cut vegetables in a single layer on 2 baking sheets (do not crowd! Otherwise they will steam and not roast. Drizzle with olive oil honey, salt, and pepper. Toss well and bake for 25-35 minutes until all the vegetables are tender, turning once with a metal spatula.

Season to taste. Serve hot. May be used on salad greens, once cooled, with an apple cider vinegar dressing.