

# **Roasted Root Vegetables**

## **Ingredients**

rutabaga  
squash (any type, e.g winter acorn squash)  
parsnips  
turnips  
sweet potato  
olive oil  
sweet onion  
rosemary  
sea salt and fresh ground pepper

## **Instructions**

- Preheat oven to 350 degrees
- Wash, peel and cut assorted root vegetables into same size pieces
- Place in a shallow roasting dish
- Drizzle olive oil and toss
- Sprinkle on rosemary and season with salt and pepper
- Cover
- Roast for ½ hour
- Uncover and roast for another ½ hour or until tender
- Serve warm



Recipe provided by Theresa Piane Taylor, CHC, AADP,  
founder of **Light Up Your Health, LLC**.  
Visit us at [www.lightupyourhealth.com](http://www.lightupyourhealth.com)  
or email us at [lightupyourhealth@comcast.net](mailto:lightupyourhealth@comcast.net)  
to schedule a free telephone consultation.