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Roasted Root Vegetables

Fri, 11/05/2010 - 07:45 -- Roger Doiron

Introduction:

By choosing different veggies, you can make a different version of this recipe every week this fall.

Preparation:

1. Preheat oven to 425 degrees Fahrenheit.
2. Cut all the veggies into similarly sized pieces. Place all the cut vegetables in a single layer on a baking sheet.
3. Drizzle with olive oil and toss well so all pieces are lightly coated. Add salt, pepper and herbs to taste.
4. Roast for 25 to 35 minutes until all the vegetables are tender, turning once.
5. Garnish with fresh herbs.

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Crops:

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Ingredients:

- 3 to 4 carrots, peeled

- 3 to 4 parsnips, peeled
- 1 large sweet potato, peeled
- 2 to 3 potatoes
- 3 tbsp good olive oil
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- Chopped, dried or fresh herbs (parsley, rosemary or thyme) to taste

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Links:

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