

ROASTED WINTER VEGETABLES



INGREDIENTS

Serves 2-3

2 large parsnips, peeled and chopped

2 small beets, peeled and chopped

½ pound pumpkin, chopped

2 tablespoons extra-virgin olive oil

1 teaspoon garlic powder

½ teaspoon sea salt

½ teaspoon black pepper

¼ bunch parsley, minced

INSTRUCTIONS

Note: Pumpkin can be found in most ethnic grocery stores. If you cannot find it in a store near you, butternut squash is a suitable replacement.

PREHEAT THE OVEN. Preheat the oven to 425°F.

ROAST YOUR VEGETABLES. Place your parsnips, beets, and Pumpkin into a roasting pan. Add extra virgin olive oil, garlic powder, sea salt, and black pepper. Roast 40 to 45 minutes. When the vegetables are tender, remove from the oven and let it cool for 5 minutes. Top with minced parsley to serve. Enjoy!

**** if possible using all organic ingredients...is best! ****

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