

Fall & Winter are the best time for this dish..... in Kirsten's Kitchen

Roasted Root Vegetables.....

Oven to 400 cooking time 45 minutes approx

Ingredients:

- Potatoes (chunks) & Sweet potatoes(yams){peeled/chunked}
- Beets (if you toss them separately in oil they wont bleed as much)
- Carrots, parsnip {little bigger pieces}, turnip (wedges)
- Brussels sprouts (my brother likes these added)
- *** (choose what you like –count up to ½ of each per person)***
- 1 onion chunked (wedged then in half)
- 1-2 garlic bulbs peeled (I pick the larger ones – if they get 2 small they burn (still taste good, but crunchy))
- Bell peppers – red, yellow, orange (add great colour) = 1/3 of each +
- Mushrooms (small put in whole/ large cut in ½ or ¼)
- Olive oil
- Sea salt ½ tblsp, pepper, to taste
- sage, rosemary, basil, cumin, thyme, oregano - all go very nicely – pick 3 and you want 2 tblsp in total

*** you want your pieces similar sizes to uniform cooking time***

Preparation:

- Prep all your veggies as stated above (keep beets separate until you have oiled) all can go into a large mixing bowl.
- Set aside peppers and mushrooms
- Liberally coat veggies in olive oil add salt, pepper and spices
- Toss
- Add beets, toss
- Line roasting pan with parchment paper, empty mixing bowl
- Put in oven stir at 15 min, 30 min add peppers & mushrooms toss
- Poke beets, or turnip to test for doneness

Immune boosting properties in the onions & garlic

While typing this up, thought I might try it next time with some grainy Dijon mustard 1 to 2 tablespoons. We fight over the garlic at my house. Enjoy!