

Roasted Winter Vegetables

From our Jan-Mar 2013 Newsletter

2 turnips
4 carrots
2 rutabagas
1 large white onion
1 large russet potato
1 large Garnet yam - peeled
1 Tbs. olive oil
1-1/2 tsp. dried rosemary
Salt and Pepper to taste
Non-stick spray

*Covered leftovers
refrigerate well up to 4 days
and microwave to warm in a
couple of minutes at half
power. Amounts of winter
vegetables listed e can be
adjusted to personal taste.*

1. Wash the vegetables thoroughly, scrubbing skins of those that are not peeled.
2. Chop the vegetables into equal sized pieces (about 1”).
3. Toss with olive oil and rosemary and add salt and pepper to taste. Place in a large roasting pan coated with the non-stick spray.
4. Stir vegetables occasionally while baking. Bake at 350° for 45 to 50 minutes or until vegetables are easily pierced with a fork.