

## Oven-Roasted Root Vegetables - YUM!

Roasting vegetables gives them a rich, sweet flavor. And, it's so easy! While the vegetables are roasting, prepare the other parts of your meal.



Root vegetables, such as carrots, parsnips and/or turnips, can be roasted together. Here's a simple way to do it:

1. Preheat oven to 400 F (205 Celsius)
2. Wash and peel desired combination of carrots, parsnips and/or turnips. Cut into cubes, approximately 1/2 inch in size.
3. Place in a bowl and toss in a small amount of olive oil, to coat.
4. Season with black pepper and, if desired, a light dash of salt. For added flavor, mix in a light sprinkling of your choice of herbs, such as dried thyme leaves or crumbled dried rosemary.
5. Place in a single layer on a large baking sheet with sides, such as a jelly roll pan.
6. Roast for 30 to 40 minutes until they are browned slightly (over-browning makes them bitter). Stir occasionally with a spatula to prevent sticking.
7. Test if vegetables are done by cutting into the thickest part of a few of them with a sharp knife. It should slip easily into them.

### Questions or comments?

[E-mail](mailto:ahenneman1@unl.edu) Alice Henneman, MS, RD, Extension Educator (ahenneman1@unl.edu).

University of Nebraska-Lincoln Extension in Lancaster County  
 444 Cherrycreek Road, Suite A, Lincoln Nebraska 68528-1507  
 Phone: 402-441-7180 Fax: 402-441-7148

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska and the United States Department of Agriculture.

Original article at: <http://lancaster.unl.edu/food/ciq-root-vegetables.shtml>