

Roasted Root Vegetables

I love this super-easy recipe, not just because it tastes fantastic and uses local, in-season produce, but also because it takes just 10 minutes to prep and 30 minutes or so to cook. You can make the rest of the meal while it bakes.

1 sweet potato

2 parsnips

2 carrots

2 turnips or 1 large rutabaga

1 daikon radish, or substitute/add in other favorites, like squash

Extra virgin olive oil

Salt and pepper

Herbs: rosemary, thyme or sage, fresh if possible

Preheat oven to 375 degrees.

Wash and dice all vegetables into bite-size cubes.

Place in a large baking dish with sides.

Drizzle with olive oil; mix well to coat each vegetable lightly with oil.

Sprinkle with salt, pepper and herbs.

Bake uncovered for 25 to 35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking. Serves 4 to 6.

Tip: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.