

Roasted Root Vegetables

Peel sweet potatoes, yams, rutabagas, parsnips, turnips, potatoes, carrots, onions, and any other root vegetable you enjoy (or try some new ones!).

Cut in equal pieces, coat with olive oil and herbs and spices of your choice. (I either put the oil and spices in a bowl and add veggies and stir or add the oil and spices to a plastic bag, add veggies and "massage" till all is coated.

Roast in a 350 oven till soft...enjoy fresh and fine served cold the next day. Yummy!