# 

# Holiday Roasted Vegetables

Servings = 6 cups serving size: ½ cup= 14 grams carb

# Ingredients:

|  |  |  |
| --- | --- | --- |
| Item(s) | Amount | x2 recipe |
| Carrots | 1 pound | 2 pounds |
| Large sweet potato | 1 pound | 1 pounds |
| Beets | 4 medium (1 pound) | 8 medium (2 pounds) |
| Garlic powder | ½ teaspoon | 1 teaspoon |
| Fresh rosemary | ½ tablespoon chopped | 1 tablespoon chopped |
| Olive oil | 1 ½ tablespoons | 3 tablespoons |
| Kosher salt | ¾ teaspoon | 1 ½ teaspoon |
| Lemon zest | Garnish if desired | Garnish if desired |
| Fresh ground pepper | Garnish if desired | Garnish if desired |

## Procedure:

1. Preheat the oven to 450°F. Clean and peel the carrots and chop into 1-inch chunks. Clean the sweet potatoes and chop into 1 inch chunks, leaving the skins on. Place the carrots and sweet potatoes in a bowl. Chop the beets into 1-inch chunks and place them in a second bowl (take care and wear an apron: the beets bleed when peeling and chopping them!).
2. To the carrots and sweet potatoes, add 1 tablespoon olive oil, ½ teaspoon kosher salt, ¼ teaspoon garlic powder and 1 teaspoon chopped rosemary and stir. Season the bowl with the beets with ½ tablespoon olive oil, ¼ teaspoon kosher salt, ¼ teaspoon garlic powder, and ½ teaspoon rosemary. (Seasoning them separately minimizes bleeding from the beets onto the other vegetables.)
3. Line a baking sheet with parchment paper. Spread both bowls of vegetables on the sheet and bake for about 30 to 35 minutes, until tender and browned (no need to stir). Serve immediately, garnished with lemon zest and fresh ground black pepper, if desired. (Make ahead instructions: Roast the vegetables until tender. Leave at room temperature for a few hours, or refrigerate until serving. Reheat in a 350° oven until warmed through.)

## Equipment Needed: Large bowl, medium bowl, baking sheet, parchment paper, peeler, knife

Fun Fact: Beets are a vegetable that can come in many colors: purple, white, and gold. They contain many antioxidants such as betalains, carotenoids, and flavonoids, which prevent colon cancer and protect heart health.

 