

Roasted Rustic Root Vegetables



PREP TIME

45 mins

TOTAL TIME

45 mins



COURSE

Gluten Free, Sides, Vegetables



SERVINGS

6 servings

CALORIES

128 kcal

INGREDIENTS

- 1 lb butternut squash, peeled and cubed
- 1 large parsnip, peeled and cubed
- 1 lb beets, peeled and cubed
- 1 large carrot, peeled and chopped into rounds
- ½ large yellow onion, coarsely chopped
- 3-8 whole garlic cloves to taste
- 1 Tbsp fresh thyme leaves
- 2 Tbsp olive oil
- 1 tsp sea salt
- cracked black pepper, to taste

INSTRUCTIONS

1. Preheat oven to 425°F/ 218°C. Line a cookie sheet with foil.
2. In a large bowl, toss all vegetables in a large bowl with garlic cloves, thyme leaves, and olive oil until evenly coated.
3. Spread vegetables out evenly on the cookie sheet in a single layer.

4. Sprinkle vegetables with salt and black pepper to taste.
5. Roast the vegetables in the hot oven for about 45 minutes, stirring once halfway through cooking, until vegetables are tender and starting to turn golden.

NUTRITION

Nutrition Facts	
Roasted Rustic Root Vegetables	
Amount Per Serving	
Calories 128	Calories from Fat 42
% Daily Value*	
Fat 4.7g	7%
Carbohydrates 20g	7%
Fiber 6g	25%
Protein 2.6g	5%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!