



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

Roasted Root Veggies

Ingredients

- 1 head garlic, separated into cloves and peeled
- 1-2 pounds root vegetables, peeled and cut in 1 inch pieces (potatoes, carrots, parsnips, turnips, rutabagas, beets, sweet potatoes)
- 1 medium onion, peeled, in 1/4-inch wedges
- 2 Tbsp olive oil
- Salt and pepper (or red chile powder)



Instructions

1. Heat oven to 400 degrees.
2. Put vegetables (except garlic) in a roasting pan (do not crowd). Toss with oil and sprinkle with salt and pepper. Roast, stirring every 15 minutes till tender and evenly browned, 45-50 minutes. Add garlic cloves during last 20 minutes. Taste and adjust seasonings.

Variations

- Cut carrots slightly smaller. Turnips in 1/8th inch wedges.
- Try carrots and onions with 3 Tbsp balsamic vinegar; roast at 375 for 30 minutes, then 425.
- Try turnips, shallots, and garlic with 2 tsp chopped fresh rosemary.
- Try equal amounts parsnips and carrots with green onions sliced in half lengthwise, cooked at 350 for 30 minutes and 425 for 15-20 minutes. Sprinkle with pepper and mint.