

Roasted Sliced Carrots and Sweet Potatoes

Ingredients

- 3 medium sweet potatoes, peeled and sliced into ¼-inch rounds
 - 4 large carrots, peeled and sliced on the bias (¼-inch thick)
 - 3 tablespoons olive oil
 - 1 tablespoon maple syrup or honey (optional for caramelization)
 - 1 teaspoon sea salt
 - ½ teaspoon freshly ground black pepper
 - ½ teaspoon smoked paprika or ground cumin (optional)
 - 1 teaspoon fresh thyme leaves (or ½ teaspoon dried)
 - 1 tablespoon chopped fresh parsley (for garnish)
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Instructions

1. **Preheat Oven:**
Heat oven to **425°F (220°C)**. Line a large baking sheet with parchment paper.
 2. **Prepare Vegetables:**
Slice carrots and sweet potatoes evenly to ensure they cook at the same rate. Place them in a large bowl.
 3. **Season:**
Drizzle with olive oil and maple syrup (if using). Sprinkle salt, pepper, paprika or cumin, and thyme. Toss well until everything is evenly coated.
 4. **Roast:**
Spread in a single layer on the baking sheet. Roast for **25–30 minutes**, stirring halfway through, until tender and lightly caramelized around the edges.
 5. **Finish and Serve:**
Remove from oven, sprinkle with fresh parsley, and serve warm.
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Optional Variations

- **Savory twist:** Add a drizzle of balsamic glaze and crumbled feta before serving.
- **Spicy version:** Toss with a pinch of chili flakes or harissa paste before roasting.
- **Herby version:** Replace thyme with rosemary and add minced garlic during the last 10 minutes of roasting.