

ROASTED ROOT VEGETABLES

Ingredients:

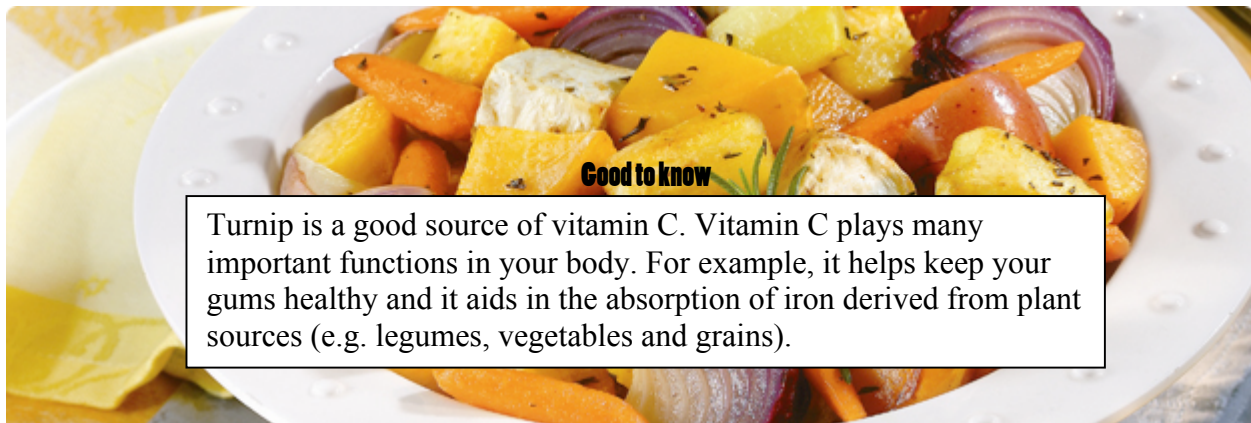
2 large turnips, diced
3 medium sweet potatoes, diced
4 medium parsnips, diced
1 large celeriac, peeled and diced
2 medium kohlrabi, peeled and diced
1 large onion, cut into chunks
½ cup olive oil
Dry thyme

Tip: if you choose to use fresh herbs to season the vegetables, make sure to add them at the end (e.g. 5 minutes before taking the vegetables out of the oven).

Instructions:

- Preheat the oven to 450 F.
- Mix all the ingredients in a bowl with oil. Season with thyme and other spices.
- Transfer to a shallow baking pan. Bake in the oven for 20 to 30 minutes, until vegetables brown.

Serves 4-6 people



Good to know

Turnip is a good source of vitamin C. Vitamin C plays many important functions in your body. For example, it helps keep your gums healthy and it aids in the absorption of iron derived from plant sources (e.g. legumes, vegetables and grains).