



Roasted Roots

Prep Time: 15 mins Cook Time: 30 min Serves: 6

Ingredients:

- 2 small turnips
- 1 large beet
- 1 medium sweet potato
- 2 Tbsp olive oil
- 2 tsp yellow curry powder
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp salt

Instructions:

1. Preheat oven to 450°F.
2. Wash and dry the veggies, leave the peel on if you can. Cut off the tops and bottoms, get an adult to cut them in half, then cut into 1/4 inch thick sticks. Try to make them all the same size.
3. Add veggies, olive oil, and spices to a bowl. Toss well to combine.
4. Spread the veggies in a single layer on a baking sheet lined with foil. Make sure they do not touch, this will help them stay crisp.
5. Bake for 20-30 minutes or until the edges get crispy. You can switch the oven to broil for a few minutes at the end if they are still not crispy, just be sure to keep a close eye on them.
6. Let cool for a few minutes and enjoy!

Try it with Tzatziki Dip, experiment with your own spices, or try it with carrots and parsnips!



Use a wavy chopper for this if you have one!