



## Roasted Roots

Vegan

Allergens: Wheat

Cool weather

Yield: about 6 cups

Shelf life: 5 days

### Ingredients:

|            |                           |
|------------|---------------------------|
| 1 1/2 cups | carrots, bias cut*        |
| 1 1/2 cups | parsnips, bias cut*       |
| 1 1/2 cups | beets, bias cut*          |
| 1 1/2 cups | sweet potatoes, bias cut* |
| 1/2 bunch  | parsley, chopped          |
| 1/4 cup    | balsamic vinegar          |
| 1/4 cup    | tamari                    |
| 1/2 cup    | canola oil                |

### Preparation:

\*Note: All vegetables should be bias-cut 1 1/2 inches long/1 inch wide, 1/3 inch thick.

1. In a stainless mixing bowl combine vinegar, tamari, and oil.
2. Toss carrots and parsnips in marinade to coat, remove and place on a lined sheet pan.
3. Toss potatoes and beets in marinade, remove and place on a separate sheet pan.
4. Bake vegetables at 350° for 25 minute or until just soft. Cool.
5. Mix vegetables together with parsley. Cool and serve.