

maple roasted VEGETABLES

Ingredients

Directions

- > Preheat the oven to 400.
- > Place the cut vegetables in a single layer on one or two large baking sheets.
- > Stir together the oil, maple syrup and garlic cloves and drizzle over the vegetables.
- > Mix to combine the oil with the veggies and then spread once again in a single layer on the baking sheet.
- > Season with salt and pepper.
- > Bake for about 1 hour until the vegetables are done and golden from the maple syrup.

2-3 potatoes, cut into 1 1/2 inch pieces
1 large sweet potato, peeled and cut into 1 1/2 inch pieces
2 parsnips, peeled and cut into 2 inch long pieces
3 beets, peeled and cut 1 1/2 inch pieces
2 large sweet onions, peeled and quartered
3 cloves of garlic, peeled and minced
1/2 cup olive oil
1/3 cup maple syrup
salt and pepper

(feeds: 4
takes: 1hr 40 minutes)

