

# maple roasted VEGETABLES

## Ingredients

## Directions

- > Preheat the oven to 400.
- > Place the cut root 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.
- > Stir 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.
- > Baking for about 1 hour until the vegetables are done and a little caramelized from the syrup.

- 2-3 yukon gold 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

( feeds: 4  
takes: 1hr 40 minutes )

