

Roasted Parsnips and Carrots



ROASTED PARSNIPS AND CARROTS

ingredients

1 1/2 pounds carrots, parsnips, or a mix
1 tablespoon oil
1/8 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon black pepper

directions

Heat oven to 400 degrees.
Cut the vegetables in half then into 1-inch pieces.
Add vegetables, oil, and spices to a bowl and mix.
Spread vegetables on a lined baking sheet.
Roast for 20-30 minutes, stirring halfway through.

notes

Serve these as a side with lean beef or chicken in place of potatoes

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SERVE PEOPLE. FEED COMPASSION.