



Savory Roasted Root Vegetables

Serves 4-6 in 1 hour

This combination of carrots, parsnips, fennel, onions and yellow potatoes is the perfect accompaniment to any meal that you need anchored by satisfying starch. It's bursting with color, fiber and the unique flavors of parsnips and fennel. The garlic, herbs and olive oil bring it all together. This dish needs a generous sprinkle of sea salt to bring out the flavors, so don't skip this important step.

- 3 colored carrots, chopped into 1 inch cubes or left whole if baby carrots
- 2 parsnips or 1 small rutabagas, chopped into 1 inch cubes
- 3 medium Yukon Gold potatoes or yams, chopped into 1 inch cubes
- 1 large fennel bulb, sliced vertically into ¼ " slices (tough central core removed)
- 1 red onion, diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme or ½ teaspoon fresh thyme leaves
- 1 teaspoon dried rosemary or 1 teaspoon fresh leaves, chopped
- ¼ cup fresh Italian parsley, chopped; reserve 1 tablespoon for final garnish
- 3 tablespoons extra-virgin olive oil
- 2-3 teaspoons sea salt
- 1 teaspoon freshly cracked black pepper

Preheat the oven to 375 degrees on convection roast setting. (Convection roasting circulates hot air over the veggies, browning them beautifully. If your oven doesn't have this feature, raise the heat to 400 degrees and flip the veggies half-way through the cooking process to bring out that golden browned goodness).

Gather and prep the ingredients. In a large bowl, toss all the vegetables with the olive oil, herbs, salt and pepper. Roll out onto a large baking sheet and bake for 35-40 minutes or until vegetables begin to turn golden brown. (Don't crowd them into a small pan or they'll steam instead of brown). Remove from oven, garnish with remaining parsley and serve.