

#LetsCook30

ROASTED VEGETABLE MEDLEY

Oven roasted vegetables make a great side dish to any meal. Plan to roast extras because they taste even better the next day.

Servings: 4

Ready in about: 35 minutes

3 tbsp	vegetable oil, divided
1 large	sweet potato, scrubbed and cut into 1 inch pieces
1 large	parsnip, peeled and cut into 1 inch pieces
2 medium	carrots, peeled and cut into 1 inch pieces
1	zucchini, cut into 1 inch slices
1	onion, chopped
1/2 tsp	salt
1/2 tsp	pepper
1 tbsp	dried basil

INSTRUCTIONS:

1. Preheat oven to 400°F. Lightly grease 2 baking sheets with oil.
2. Place the sweet potato, parsnips, and carrots onto the baking sheets and toss to coat in oil. Bake in the preheated oven for 20 minutes.
3. Remove from oven and add the zucchini and onion and drizzle with the remaining oil. Sprinkle with salt, pepper and dried basil and continue baking until all the vegetables are tender, about 10 minutes more. Once tender, remove from the oven.

PUBLIC HEALTH

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The logo for York Region, featuring a stylized white star or leaf shape above the text "York Region" in a white serif font, all set against a green background with a white swoosh.

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