

Underground "Candy"

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 6 Servings

Ingredients

- 1/3 cup** Raw carrot, diced
- 1/2 cup** Raw parsnip, diced
- 1 1/4 cups** Raw sweet potato, diced
- 1/2 cup** Raw turnip, diced
- 1/2 cup** Raw rutabaga, diced
- 5 teaspoons** olive or vegetable oil
- 1/2 teaspoon** salt
- 1/2 teaspoon** pepper

Directions

1. Preheat oven to 300 degrees F.
2. Cut vegetables into 1/2 inch pieces.
3. Toss with olive or vegetable oil and season with salt and pepper.
4. Spread in a single layer on a sheet pan and bake for 20-30 minutes until roasted and soft.
6. May be served hot or cold. (Tastes sweeter when it is roasted and then refrigerated)
5. Serve 1/2 cup per serving.

Notes

Serving Size: 1/2 cup

