



AITKIN FARMERS' MARKET

Seasonal Recipes

Roasted Root Vegetables



FEATURING FROM MARKET

WITH ROOT VEGETABLES



SERVINGS

4



COOK TIME



TOTAL TIME

INGREDIENTS

- 4 medium root vegetables (potatoes, rutabagas, turnips, parsnips, sweet potatoes, etc.)
- 2 medium carrots, diced
- 1 medium onion, chopped
- 2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- Salt and pepper to taste



DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Peel and cut vegetables into similarly sized bite-sized pieces.
3. Place vegetables in a medium bowl and pour oil over top.
4. Add garlic powder and mix well.
5. Season with salt and pepper to taste.
6. Spread mixture into a baking sheet or shallow baking pan.
7. Stir and check vegetables every 10-15 minutes. Vegetables are done when they show signs of crispness and browning and are easily pierced with a fork. Roasting time will average 30-60 minutes, depending on the type of vegetables and size of pieces.