

# Roasted Root Vegetables

Add subtle sweetness by roasting root vegetables like carrots, parsnips, turnips, and onions. It's easy and oh-so-delicious.

Cooking Light JUNE 2002

- **Yield:** 6 servings (serving size: about 1 cup)

## Ingredients

- 3 1/2 cups coarsely chopped carrot (about 1 1/2 pounds)
- 3 cups coarsely chopped parsnip (about 1 pound)
- 1 3/4 cups coarsely chopped peeled turnips (about 1/2 pound)
- 2 tablespoons olive oil
- 1 teaspoon brown sugar
  
- 1/2 teaspoon sea salt
- 2 medium red onions, each cut into 8 wedges
- 2 tablespoons chopped fresh parsley
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon freshly ground black pepper

## Preparation

Preheat oven to 450°.

Combine first 7 ingredients in a shallow roasting pan; toss well. Bake at 450° for 1 hour, stirring after 30 minutes. Add parsley, vinegar, and pepper, tossing to coat