

Roasted Winter Root Vegetables

Based on the recipe from I Heart Nap Time

Ingredients

5 cups vegetables (such as sweet potato, rutabaga, parsnips, rainbow carrots, squash, potatoes, peppers, onion, mushrooms, etc.)

1/4 cup olive oil

2 Tablespoons Worcestershire sauce

1 teaspoon paprika

1 teaspoon garlic salt

Clean and prep vegetables. Cut into about 1 inch pieces or cubes so that all the vegetable pieces are about the same size. Separate hard vegetables (potatoes, rutabaga, carrots, etc.) from the softer vegetables (peppers, onions, mushrooms, etc.). Set soft vegetables aside.

In a small bowl or measure cup, whisk together olive oil, Worcestershire sauce, paprika and garlic salt. Pour this sauce over hard vegetables.

Spread seasoned vegetables out in a single layer on a baking sheet. Bake at 425 degrees F for 15-20 minutes.

Place soft vegetables in the bowl that had the hard vegetables and sauce in it and stir to coat slightly with the excess sauce. Remove baking sheet from oven, add seasoned soft vegetable to partially cooked hard vegetables and stir to combine. Return to oven and bake for 15-20 more minutes.

Vegetables are cooked when they are fork tender. Remove from oven, transfer to serving bowl and serve hot.

Makes 6 servings.

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