

ROASTED CARROTS, POTATOES, & ONIONS

NAME OF DISH

INGREDIENTS

- * 2 pounds of carrots
- * 6 whole potatoes
- * 1 whole sweet onion
- * 3 clove garlic
- * 6 tablespoons olive oil
- * 1/2 teaspoons dried thyme
- * 1/2 teaspoons dried parsley
- * Salt and pepper, to taste



INSTRUCTIONS

Step 1– Preheat oven to 475.

Step 2 - Peel carrots, cut into bite size pieces. Dice potatoes in to bite sized pieces, leaving the skin on. Cut onion into eights. Mine the garlic.

Step 3 - Combine carrots, potatoes, and onion in a large bowl. Drizzle olive oil over vegetables, add garlic, thyme, parsley, salt (to taste), and pepper (to taste). Toss vegetables until they are covered in olive oil and seasoning. Place on a cookie sheet in a single layer and cover with foil.

Step 4 - Roast for 45 minutes. Remove foil and continue roasting another 30 minutes or until golden brown, stirring every 10 minutes.

RECIPE COURTESY OF TASTYKITCHEN.COM

VISIT BCOC.ORG FOR MORE RECIPES!