

# Roasted Parsnips and Carrots



# ROASTED PARSNIPS AND CARROTS

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## *ingredients*

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1 1/2 pounds carrots, parsnips, or a mix  
1 tablespoon oil  
1/8 teaspoon salt  
1/8 teaspoon garlic powder  
1/8 teaspoon black pepper

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## *directions*

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Heat oven to 400 degrees.  
Cut the vegetables in half then into 1-inch pieces.  
Add vegetables, oil, and spices to a bowl and mix.  
Spread vegetables on a lined baking sheet.  
Roast for 20-30 minutes, stirring halfway through.

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## *notes*

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Serve these as a side with lean beef or chicken in place of potatoes

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SERVE PEOPLE. FEED COMPASSION.