

Roasted Root Veggies

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 5 organic beets, chopped
- 5 sweet potatoes, chopped
- 6 carrots, chopped
- 1 red onion, chopped
- 5 garlic cloves, chopped in half
- 2 tbsp extra-virgin olive oil
- 1/2 tsp coarse sea salt
- 1 tbsp dried rosemary
- 2 bunches of dino kale, chopped
- 1 tsp balsamic vinegar

Instructions:

1. Preheat oven to 350F degrees. In a large bowl, combine beets, sweet potatoes, carrots, onion, garlic, extra-virgin olive oil, sea salt and dried rosemary.
2. Place this veggie mixture onto a large baking dish with a lid. If you don't have one big enough you can use a cookie sheet, you'll just have to be careful they don't burn. Also, they will dry out more easily if they are on a cookie sheet.
3. Bake for 50 minutes or until the veggies are fork tender. Meanwhile, drizzle kale with balsamic vinegar and spread evenly on to a cookie sheet.
4. Bake kale for 8-10 minutes. Watch it very carefully to ensure it doesn't burn!
5. Combine roasted root veggies and kale into a large dish, drizzle with some more olive oil and serve immediately. Enjoy!!

Notes:

SERVES 10. For the beets, sweet potatoes and carrots, you do not have to peel them if you are using certified organic. I recommend giving them a good wash and peel off any bruises, but leave the skin on for all that extra fiber. Also, if you don't want the entire dish to turn red from the beets, then cook the beets separate from the other ingredients.