



Roasted Beets & Carrots

Yield: 4-6 servings

Serving size: 1 cup

Ingredients

2-3 each	Beets
3-4 each	Carrots
1-2 Tablespoon	Olive oil (or canola)
½ teaspoon	Garlic powder
½ teaspoon	Onion powder
½ teaspoon	Oregano
¼ teaspoon	Black pepper
¼ teaspoon	

Method

1. Preheat oven to 400°F (or 375°F on convection) and prepare a sheet pan with parchment paper.
2. Wash, dry, and cut beets and carrots into even size cubes (~1 inch thick)
3. Toss beets and carrots in a large bowl with olive oil, garlic powder, onion powder, oregano, and pepper.
4. Spread vegetables evenly on a sheet pan (do not over-crowd the pan) and roast for 25-30 minutes until golden brown and fork-tender.

Helpful Tips

- The smaller the vegetables are cut, the faster they will cook. Check your oven earlier if your beets and carrot were cut smaller
- Even sized cutting will help everything cook evenly

Equipment

- Chef knife
- Cutting board
- Large bowl
- Mixing spoon
- Sheet pan
- Parchment paper