



## ROASTED ROOT VEGETABLES

### INGREDIENTS:

- 1 large rutabaga
- 1 large turnip
- 1 large parsnip
- 2-3 medium carrots
- 1 large yam
- 4-5 cloves garlic, whole, peeled

### Marinade:

- 2 tablespoons olive oil
- 2 tablespoons tamari/ soy sauce
- 1 tsp. Salt
- 1 tsp ground pepper
- 4-5 sprigs fresh thyme, picked and roughly chopped
- 2 tsps. maple syrup

### PROCEDURE:

1. Preheat oven to 450 degrees.
2. Chop all vegetables into piece about 1/2-1 inch thick. Peel beets, carrots, parsnips, yams. Trim the ends and any roots or rough spots off of the turnip and rutabaga. Trim both ends off each clove of garlic and rub to remove the peel. Pile the veggies onto a large rimed baking sheet.
3. Mix the marinade in a jar and shake. Pour over the vegetables and mix with your hands spreading everything into a single layer.
4. Bake for 30-40 minutes, until fork tender.