

# Not Your Average Roasted Veggies

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## Ingredients

- 2 sweet potatoes (about 1.5 lbs)
- 5 parsnips (about 1.25 lbs)
- 4 medium beets (about 1.5 lbs)
- 3 tbs olive oil, divided
- 3 tsp salt, divided
- 2 cups fresh arugula

### Dressing:

- 0.50 cup olive oil
- 3 tbsp red wine vinegar
- **2 tbsp artisanal veggie blend**
- 2 tsp dijon mustard
- **0.25 tsp maldon salt**

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## Instructions

1. Preheat oven to 400°. Peel sweet potatoes, parsnips and beets and cut into similar-sized cubes or wedges.

2. Toss the sweet potatoes and parsnips with 2 tbsp olive oil and 2 tsp salt and 1 tsp of veggie mix in a large bowl. Place in a single layer on a rimmed baking sheet sprayed with oil.

3. Toss beets with the remaining 1 tbs olive oil, 1 tsp salt, 1 tsp veggie mix. Place in a single layer on another rimmed baking sheet sprayed with oil.
4. Bake at 400°, tossing every 15 min with a spatula to prevent sticking or burning, until the beets are tender and the parsnips and sweet potatoes are beginning to turn golden brown.
5. This will take about 20 to 30 minutes for the parsnips and sweet potatoes, and 30-40 min for the beets. Let the veggies cool completely (20 min).
6. Meanwhile, whisk together all the dressing ingredients. Place veggies in a large bowl, and toss with about two-thirds of the dressing. Serve at room temperature over arugula with the remaining dressing. ENJOY!

Servings: 4

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