

Roasted vegetables fries

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Ingredients

2 cups	Vegetables of your choice	500 ml
2 tbsp	Vegetable oil	30 ml
½ tbsp	Herbs, dried, of your choice	7.5 ml
To taste	Salt and pepper	To taste



Preparation

1. Preheat the oven at 425 °F (220 °C).
2. Cut vegetables into large, similarly sized pieces, and add them into a big bowl.
3. Add oil, spices, salt and pepper. Mix well.
4. Place vegetables on a well-oiled baking pan or a pan lined with parchment paper. Vegetables should not touch one another; separate into two pans if needed.
5. Bake for 40-45 min. Halfway through cooking, mix the vegetables and replace them so they don't touch one another before putting them back in the oven.

Note that roasting time varies from one vegetable to another.



Tips

1. Ideas of vegetables to use: turnips, parsnips, carrots, potatoes, sweet potatoes, beets, fennel. For better results, combine vegetables with similar roasting times.
2. Vary the taste using different spices each time, for example: herbs of Provence, thyme, rosemary, basil, oregano, etc.
3. Try these combinations of vegetables and herbs:
 - Sweet potatoes + carrots + cinnamon + salt + pepper (bake for 45 to 55 mins)
 - Potatoes + carrots + beets + rosemary + garlic powder + salt + pepper (bake for 45 to 55 mins)
 - Turnips, parsnips and potatoes + herbs of Provence + salt + pepper

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●

