

Roasted Vegetables Potluck Recipe from Lois Cahoy

Cubed root vegetables: (but you can also add others if you want, such as turnips or beets)

Sweet potatoes

Yellow potatoes

Carrots, sliced

Onion- cut in pieces

Two cloves fresh garlic, minced

(I cut them in smaller cubes of similar size and liked that)

Mix with about 1/4 cup coconut oil, or to coat all pieces. I warmed the oil so it was liquid.

Add spices: I used: Sea Salt, Basil, Pepper, and a little bit of turmeric. Toss to mix.

Roast 400 degrees on parchment lined cookie sheet until very soft. Stir every 8-10 minutes.