

ROASTED CARROTS AND SWEET POTATOES

- 1 lb. carrots, peeled and cut into 1-inch pieces
- 1 medium sweet potato (about 8 oz.), peeled and cut into 1-inch chunks
- 1 ½ Tbsp. oil
- ¼ tsp. salt
- ½ tsp. black pepper

1. Preheat oven 425 degrees F.
2. Toss the carrots and potatoes with oil and place on a large baking pan; arrange in a single layer and bake 20 minutes, stir and cook 5 minutes or until tender when pierced with a fork.
3. Remove from oven, sprinkle with salt and pepper, toss until well blended.

Makes 3 cups. Serves 4; ¾ cup per serving. Recipe provided by Nancy Hughes.

Cook's Tips:

- For a slightly sweet-spiced dish, toss with 2 tsp. sugar and ½ tsp. cinnamon.
- Be sure to cut the vegetables the same size or they will not cook evenly.
- For variation, replace sweet potatoes with white potatoes and add 1 medium onion, cut into eighths.

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