



Roasted Veggie Express – Ready in 30 minutes

2 to 3 Tablespoons olive oil, divided
1 sweet potato, peeled, fine chopped
1 (pkg.) miniature carrots, fine sliced
1 parsnip, peeled, chopped
1 red onion, peeled, quartered, sliced
Salt and black pepper to taste
Ground red pepper to taste
1/2 cup walnut halves, coarse chopped
1 yellow squash, sliced, chopped
1 zucchini, sliced, chopped
2 Tablespoons fresh lemon juice
Garnish: Sprinkle with chopped parsley or cilantro

Spread 1 Tablespoon oil over large baking pan. Set aside. Preheat oven to 425 F. degrees.

Place chopped sweet potatoes, carrots, parsley, and sliced chunky onions; sprinkle with salt, black pepper, and red pepper. Drizzle with 1 Tablespoon oil; toss to coat. Bake in preheated 425 degree oven for 15 minutes. Remove from oven; toss vegetables.

Add coarse chopped walnuts, squash, and zucchini to pan vegetables. Return to oven; bake for about 10 to 15 minutes. Remove from oven; place roasted vegetables in medium sized bowl.

Stir lemon juice into baking pan; scrape up drippings; drizzle over vegetables; toss.

Sprinkle with chopped parsley or cilantro.

Serve roasted vegetables and toasted walnuts warm or room temperature.

Yield: Serves: 4

About the Recipe: Would you just love to have some roasted vegetables but need to make them fast? Try this recipe! It uses quick cooking veggies with smaller cut chunks and don't forget to add a touch of crunchy toasted walnuts. Just put those golden veggies in the oven and they're ready in about 30 minutes. A perfect and healthy touch for your quick supper!