**Honey Roasted Root Vegetables**

**Ingredients**

- **6 oz** peeled sweet potatoes, diced 3/4 inch
- **5 oz** peeled parsnips, diced 1/4 inch
- **5 oz** peeled turnip, diced 1/4 inch
- **5 oz** peeled carrot, diced 1/4 inch
- **4 oz** peeled rutabaga, diced 1/2 inch
- **1 large shallot**, diced 1/4 inch
- 1/3 tsp salt
- 2 tbsp canola oil
- 3 1/8 tbsp honey
- as needed cooking spray

**Kitchen Tools**

- measuring spoons
- chef knife
- vegetable peeler
- mixing bowl
- sheet pan

*Note: Please ask adult for assistance*
Honey Roasted Rood Vegetables

Method

Remember to wash your hands before you begin cooking!

1. Preheat oven to 425°

2. Peel and chop all vegetables to suggested sizes.
   *Note: Please ask adult for assistance

3. Toss all chopped vegetables into a mixing bowl and add honey, salt and oil.

4. Generously spray an oven proof pan and then spread vegetables onto the pan.

5. Bake in a 425 degree oven until tender and golden brown.

6. Serve and Enjoy!