



Roasted root vegetables



Serves: 4

Time

Preparation time 10 minutes

Cooking time 30 minutes

Ingredients

- 3 medium carrots
- 2 large parsnips
- 1 red onion
- 1 small turnip
- low-calorie spray oil

Method

1. Heat the oven to 200°C or gas mark 6.
2. Peel the carrots, parsnips, red onion and turnip and chop into 2.5cm (1 inch) chunks.
3. Spray oil into a roasting tin, then add the vegetables and mix to coat in the oil.
4. Roast the vegetables for 20–30 minutes until tender and golden.