

Roasted Root Vegetables

Ingredients:

- 3 pounds assorted root vegetables (such as potatoes, sweet potatoes, parsnips, carrots, and celery root)
- 2 tablespoons coconut oil
- 1 teaspoon sea salt
- 2 tablespoons finely minced garlic
- 1 tablespoon each finely minced sage, oregano, rosemary, and thyme

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Directions:

Preheat the oven to 400°F. Peel and slice the root vegetables into "fries." Transfer the vegetable fries to a large pot, cover with water, and bring to a boil. Boil the fries for 5 to 7 minutes, until just cooked through but not soft. (Watch carefully so as not to overcook.) Drain the water.

Add the coconut oil, sea salt, garlic, and herbs to the fries and stir briefly. Cover the pot and shake vigorously until the fries are well mixed with their edges slightly mashed.

Line a baking tray with parchment paper. Arrange the fries on the tray so none are overlapping. Place in the oven and bake for 20 to 25 minutes, flipping once halfway through. Remove when the edges turn golden and crispy.