

## Salt and Serenity

### Roasted Carrots and Parsnips

Serves 4

If you are unable to find baby carrots, just add a few more regular sized carrots.

2 bunches baby purple carrots, washed but not peeled, tops removed

4 medium parsnips, peeled and cut into 3-inch-long sticks, each about 1/4 inch thick

4 medium carrots, peeled and cut into 3-inch-long sticks, each about 1/4 inch thick

2 tablespoons olive oil

1 teaspoon finely chopped fresh rosemary (about 2 sprigs)

1 teaspoon kosher salt

1. Preheat oven to 400°F.
2. In a large mixing bowl, toss baby carrots, parsnips, regular carrots, olive oil, rosemary and salt, until all the vegetables are well coated.
3. Line a large baking sheet with parchment paper. Spread out vegetables into a single layer. A second baking sheet may be necessary if yours is too small for the vegetables to be spread out in a single layer.
4. Bake for about 25-30 minutes, stirring vegetables about halfway through the cooking time, until vegetables are golden brown and tender