

Oven Roasted Carrots & Potatoes



TIP: Oven roasted carrots & potatoes are comfortingly flavorful and easy to make. I recommend **not** peeling carrots or potatoes. Not only is peeling a time-consuming extra step, but more importantly, removing the skin significantly decreases the nutritional value and fiber content because most of the nutrients and fiber are found both in the carrot and potato skin and right below the skin.

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Ingredients

(for 4-6 as side dish)

4-6 Carrots

4 Potatoes (I'm using 2 Yukon Gold and 2 Red Potatoes but any potatoes will work)

Olive or Vegetable Oil

Garlic Salt

Italian Seasoning

Ground Black Pepper

Paprika (optional)

Balsamic (or any) Vinegar (optional)



Equipment

Sharp Knife

Cutting Board

Large Bowl

Large Spoon

Baking Pan

Spatula

Timer

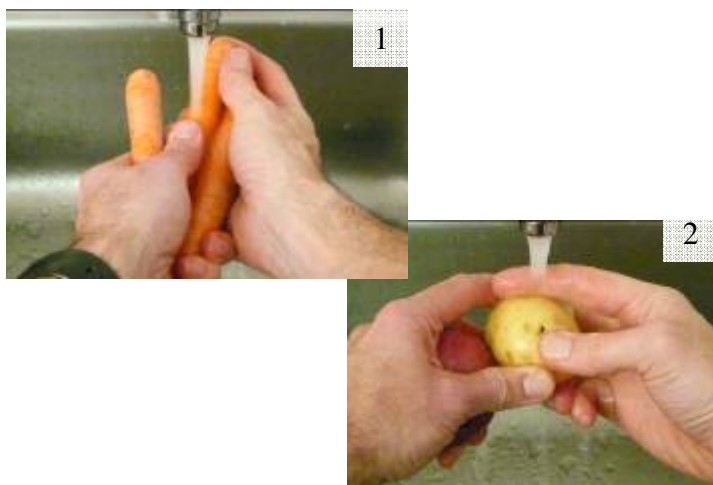
Potholder



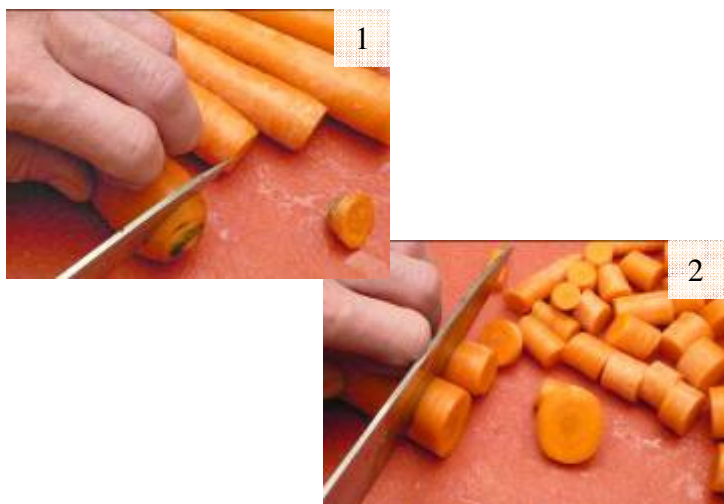
1. Place an oven rack a third to half way up from the oven bottom (1) and preheat the oven to 450 degrees (2).



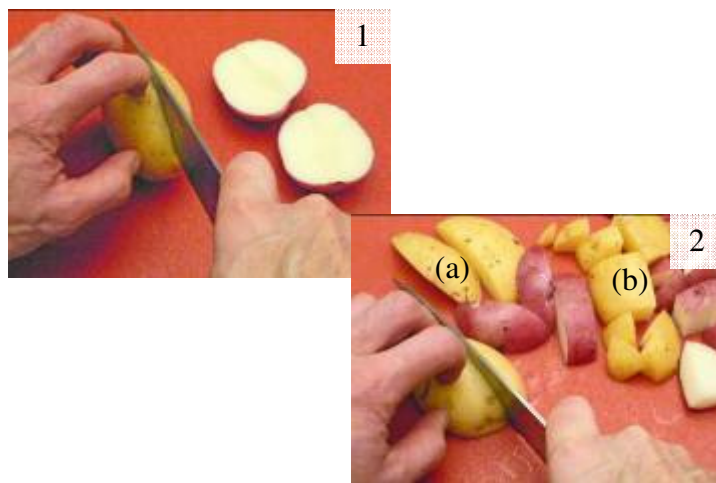
2. While the oven warms, give the **carrots** (1) and **potatoes** (2) a hand scrubbing rinse and shake dry in the sink.



3. Cut the stem ends from the tops of the **carrots** (1), and cut the **carrots** into cross section slices $\frac{1}{2}$ - $\frac{3}{4}$ inch wide (2).



4. Slice the **potatoes** in half lengthwise (1), and then do as shown in (2) by cutting the **potato halves** into lengthwise strips $\frac{3}{4}$ - 1 inch wide (2a), then into cross section cubes again about $\frac{3}{4}$ - 1 inch wide (2b).



5. Put the **cut carrots and potatoes** in a bowl and add a **good shot** (or 2 tablespoons if you want to measure precisely) of **olive or vegetable oil** (1). Then sprinkle on a **light dusting of garlic salt** (2) and **Italian Seasoning** (3), a **dash ground black pepper** (4), and...



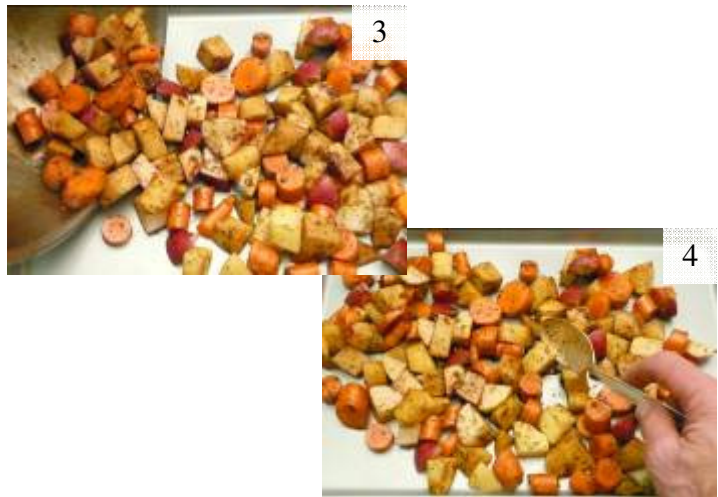
...an optional **shake of paprika** (5) and/or **shot of balsamic** (or any) **vinegar** (6).



6. Mix the **carrots and potatoes** with a big spoon (1) until they are evenly coated as shown in (2). Then...



...pour the **carrots and potatoes** onto a baking pan (3) and spread them evenly so that the pieces do not overlap (4).



7. When the oven reaches 450 degrees, put the **potatoes** in the oven (1) and set a timer for 25 minutes (2).



8. When the timer sounds, check the **roasted carrots and potatoes** for doneness by driving the tip of a sharp knife into the middle of the thickest **vegetable piece** on the baking pan (1). The **carrots and potatoes** are done when they are soft throughout. If your **vegetables** are NOT soft throughout keep cooking and checking them for doneness at 5 minute intervals until they are done. Then...



...remove them from the oven with a potholder (2), and either scoop them onto plates or into a bowl (3) to be served warm.

