



Cooking Together with Lily

Root Vegetable Tray Bake

Ingredients

- 4 cups of root vegetables, a mix of any you like. Some ideas are carrots, parsnip, potatoes, sweet potatoes, turnips, beets, radishes, and winter squash
- 1 15 oz. can of chickpeas, drained and rinsed.
- 3 tablespoons olive oil
- 1 tablespoon fresh rosemary or thyme, or mix of the two
- ½ teaspoon chili flakes (optional)
- 1 teaspoon of salt
- Pepper, to taste



Directions

1. Preheat the oven to 425 degrees F.
2. Wash all the root vegetables well, then chop them into ½ inch cubes. Place them on a nonstick or parchment paper-lined cookie sheet.
3. Add the chickpeas to the cookie sheet.
4. Drizzle the olive oil over, then mix with a spatula or wooden spoon. Add the herbs, chili flakes (if using), salt, and pepper, and mix again.
5. Place the pan in the hot oven. Bake for 20 minutes, then remove the pan and stir.
6. Bake for approximately 20 minutes more, or until vegetables are beginning to brown and a fork slides into them easily.
7. Remove from the oven. Taste and adjust salt and pepper if needed.
8. Serve over rice, pasta, or with a big salad.

Mix it up!

Make this recipe your own by using whatever vegetables you may have on hand. Keep it interesting by trying a new combo of vegetables each time you make it, the possibilities are endless!

Add Spice!

Kick it up a notch with your favorite spices. Anything goes here, so be creative. Start with ¼ to ½ teaspoon of each and adjust to taste. You can leave in the fresh herbs and chili flakes if you like or take them out to make room for other flavors.

A few of our favorites:

- Cumin, coriander, and chili powder
- Garlic powder, onion powder, paprika, and oregano