

Roasted Beets, Carrots and Red Onion



The Ingredients

- Cooking spray
- 2 beets (about 5 ounces each), peeled, cut into 1/2-inch wedges, and patted dry with paper towels
- 3 small carrots (about 2 ounces each), cut crosswise into 2-inch pieces (not baby carrots)
- 1 medium red onion (cut into 1/2-inch wedges)
- 2 tsp. olive oil (extra virgin preferred)
- 1/2 tsp. dried oregano (crumbled)
- 1/8 tsp. salt

Directions

- Preheat the oven to 425°F. Line a large baking sheet with aluminum foil to keep it from getting stained.
- Lightly spray the foil with cooking spray.
- Put the beets, carrots, and onion wedges on the foil. Drizzle the oil and sprinkle the oregano and salt over the vegetables, stirring gently to coat.
- Arrange the vegetables in a single layer so they don't touch.
- Roast for 15 minutes. Stir. Roast for 10 minutes, or until the vegetables are just tender when pierced with a fork.

REFERENCE: The American Heart Association