



## ROASTED ROOT VEGETABLE & WALNUTS

We love roasted seasonal vegetables and paired with toasted walnuts makes these veggies perfect. This is a filling, hearty, and cozy dish that is simple & totally healthy.

### Ingredients:

- 1 or 2 beetroot
- 1/2 cup diced butternut
- 1 carrot
- 1 sweet potato
- 1 or 2 teaspoons macadamia nut oil (or another oil good for cooking)
- 1/8 onion
- 1/4 cup [Farm Fresh Nuts Raw English Walnuts Halves & Pieces](#)
- a squeeze of fresh lemon juice
- sea salt
- cracked black pepper

### Instructions:

- preheat oven to 180 degree's Celsius (360 F)
- rinse all fresh ingredients
- peel and chop the beetroot
- peel & remove the seeds from the butternut and then dice
- peel and slice the carrot
- slice the sweet potato
- peel and chop the onion
- add all of the prepared veggies to a roasting tray or dish and drizzle with oil
- add sea salt & cracked black pepper
- roast for 30 to 60 minutes or until cooked to your satisfaction, tossing occasionally to avoid burning
- once roasted, add the veggies to a plate and sprinkle with walnuts
- add a squeeze of fresh lemon juice
- serve fresh, eat & enjoy every bite!