

Starters, Sides, and Complements

Roasted Beets and Carrots

**Vegan, Gluten-Free*

The simple technique of roasting takes the flavor of a vegetable to the next level. Enjoy these roasted beets and carrots as the perfect complement to meats, seafood, or other mains dishes of choice.

You'll Need

- 1 pound carrots cut into 1 inch pieces (peeling carrots is optional)
- 4 medium sized beets, peeled and quartered
- 1 medium red onion, cut in wedges
- 1 ½ tablespoons olive oil
- Salt and pepper to taste

For the Dressing You'll Need:

- 1 tablespoon balsamic vinegar
- 1 tablespoon red wine vinegar
- 1/2 tablespoon brown sugar
- 1 teaspoon dried thyme
- Salt and pepper to taste

Directions:

- Preheat the oven to 400°F.
- Toss the vegetables with olive oil, salt and pepper and place them on the baking sheet in one layer. Bake until tender start checking around 25 minutes when you toss them.
- In the meantime, combine all the dressing ingredients in a small bowl and reserve.
- Just before serving, toss the carrots and beets with the dressing.

