

This is the time to take advantage of all the underrated winter vegetables that are available right now, plus they are good for you.

INGREDIENTS

4 Medium sized sweet potatoes (Peeled and cut into 2 inch pieces)

1 Pound of medium sweet onions (Cut into 1 inch pieces)

2 Beets (Cleaned and cut into 2 inch pieces)

1 Large turnip (Cleaned and cut into 2 inch pieces)

2 Carrots (Cleaned and cut into 2 inch pieces)

3 Tablespoons of extra virgin olive oil

Sea salt and freshly ground pepper

Method

- (1) Mix all the ingredients together in a large oven proof dish, making sure that they are all coated

- (2) Bake in a preheated oven at 220°C/425°F(Gas 7) for approximately 35 to 45 minutes (Stirring occasionally) until the vegetables are tender

Delicious served with thick sliced of baked ham