

# Williams Roasted Root Veggie Salad

## Prep Time

60 minutes

## Cooking Time

35-45 minutes

## Yields

4 servings

## Ingredients

Sweet potatoes (peeled)  
Beets (peeled)  
Carrots  
Parsnips  
Red onion  
Kale washed and cut  
Coconut oil  
Sea salt  
Pepper  
Balsamic Vinegar  
Soaked and dehydrated nuts or seeds

## Directions

Preheat oven to 350 degrees  
Cut up all veggies into 1-inch pieces  
Keep skins on carrots and parsnips to keep in moisture.  
Melt coconut oil  
Toss all root veggies in a bowl with coconut oil and sea salt.  
Spread out in a single layer on a cookie sheet lined with aluminum foil.  
Cook at 350 degrees for 30-45 min or until soft with some firmness.  
Increase temperature to 375-400 degrees and cook until onions are caramelized.  
Toss with raw kale, splash of balsamic vinegar, sea salt and pepper.

ENJOY!

## Credit

William Lor