

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

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