

# Try roasted root vegetables for a tasty fall dinner

September 25 2019, by Len Canter, Healthday Reporter

---



Want to warm up as the temperature cools down and get in more

nutrients, too? Roasted vegetables are a delicious way to do both.

Starchier root veggies, like carrots, parsnips and potatoes, lend themselves to roasting since their natural sugars intensify as they cook. Carrots have [beta carotene](#) for skin health. The parsnips are high in vitamin C, great for immune health. And rather than reaching for typical white potatoes, look for exotic Peruvian potatoes with high levels of antioxidants plus fiber in their purple skins. To turn these vegetables into a [full meal](#), serve them with shredded roasted chicken and a cooked grain such as quinoa or brown rice or your favorite beans—in a pinch, a store-bought rotisserie chicken and a can of chickpeas or kidney beans will do fine.

## Roasted Root-Vegetable Dinner

- 1 pound carrots
- 1 pound parsnips
- 1/2 pound baby purple potatoes or other exotic variety
- 2 tablespoons [olive oil](#)
- 2 tablespoons chopped fresh rosemary or 1 tablespoon dry
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups shredded, skinless roasted chicken
- 2 cups cooked grains or beans, if canned, drained and rinsed

Preheat the oven to 450 degrees.

Peel the carrots and parsnips, and cut them in half and then lengthwise. Cut the potatoes in half. Transfer the vegetables to a large bowl. Add the oil, rosemary, salt and pepper, and toss well to coat.

Spread out on two ungreased baking sheets and bake 40 to 50 minutes until the vegetables are golden and tender, turning once during cooking.

Let cool slightly.

Divide the vegetables among four plates and top with equal amounts of chicken and grains or beans. Serve immediately.

Yield: 4 servings

**More information:** The U.S. Department of Agriculture has a [season-by-season guide](#) to which root vegetables are available at different times of the year.

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: Try roasted root vegetables for a tasty fall dinner (2019, September 25) retrieved 20 September 2024 from <https://medicalxpress.com/news/2019-09-roasted-root-vegetables-tasty-fall.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.