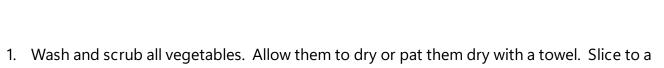
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Roasted Roots Medley

- 6 organic Carrots
- 6 organic Parsnips
- 2 organic Black Radishes (*if available*)
- 1 organic Sweet Potato
- 1 organic Yellow Onion
- 3 sprigs fresh organic Rosemary, or three tablespoons of dried organic rosemary
- juice of one organic Lemon
- 1½ cups chopped organic raw Walnuts
- 1 cup rinsed and chopped organic Parsley
- ½ cup Walnut Oil (or olive oil)
- ½ cup organic shelled raw organic Pumpkin Seeds
- 1 tsp crushed Black Pepper
- 1/2 tsp Unprocessed Salt (such as Real Salt ®, Celtic salt ®, or Himalayan salt ®)

uniform thickness and trim rounds to be no more than one inch wide.



- 2. Place the rosemary leaves, salt and black pepper and half of the walnut oil, in a large mixing bowl and mix these thoroughly. Add the sliced vegetables and stir to thoroughly coat with the oil and herb mixture. Add additional oil as needed.
- 3. Lightly oil your roasting pan(s) and place vegetables on the surface in a single layer. Roast your vegetables at 425 degrees Fahrenheit for about 20 minutes.
- 4. Check for tenderness and beginning browning of the onions. Use a spatula to flip the vegetables and roast vegetables for an additional 15 to 20 minutes.
- 5. Put the lemon juice in a bowl. Add walnuts, pumpkin seeds, and parsley and add enough water so that the nuts and seeds are totally dampened. Reserve for a garnish at the time of serving.

Optionally plate with a bed of fresh spinach under each serving. Add the lemon-soaked nuts and seeds as a garnish on the vegetables.

