



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Roasted Roots Medley

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



1. Wash and scrub all vegetables. Allow them to dry or pat them dry with a towel. Slice to a 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.