

Roasted Vegetables with Hemp Oil

INGREDIENTS:

- 2 Tbsp extra virgin olive oil for roasting
- ½ tsp Real Sea Salt
- black pepper to taste
- 1 Tbsp balsamic vinegar
- 1 head cauliflower
- 4 medium size yukon gold potatoes
- 2 sweet potatoes
- 4 carrots
- 3 beets
- Humming Hemp oil, drizzled to finish - Original, Garlic or Mediterranean



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| Prep Time | 15 minutes |
| Cook Time | 40 minutes |
| Total Time | 55 minutes |
| Category | Dinner |
| Method | Oven Roasted |

DIRECTIONS:

- 01** | Preheat oven to 400 degrees F.
- 02** | Chop vegetables in a consistent size and place in a casserole dish, roasting pan or cookie sheet.
- 03** | Drizzle vegetables with olive oil, vinegar, salt, and pepper.
- 04** | Toss vegetables until they are coated.
- 05** | Spread back evenly on a large roasting pan.
- 06** | Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.
- 07** | Allow vegetables to cool briefly. Drizzle with your favorite Humming Hemp, hemp oil.