

## Roasted Roots

1 chopped onion  
1 chopped sweet potato or yam  
2 chopped carrots  
1 chopped beet  
2 Tbs. Olive oil  
1 clove of peeled garlic (as much as you want!)  
1/2 tsp garlic salt

Chop up the onion, potato and beet into small chunks. Toss together with the olive oil, peeled garlic and salt. Spread on baking sheet and cook in the oven at 350 for 30 min. or until crisp on the outside, and tender in the center.

Variations: Try taro, yarro and other roots, and a small red potato

Low Glycemic, Gluten- Free

Holly Stokes, "The Brain Trainer," Wellness Coach:  
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