



CANADA AGRICULTURE  
AND FOOD MUSEUM  
MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION  
DU CANADA

A FASCINATING WORLD  
UN MONDE FASCINANT



# Root Vegetable Bake

## Ingredients

2 cups (500 ml) red potatoes, cubed  
1 large sweet potato, peeled and cubed  
3 large carrots, peeled and sliced  
3 large parsnips, peeled and sliced  
2 small turnips, peeled and chopped  
1 jicama\*, peeled and chopped (substitute with water chestnuts or radishes if needed)  
¼ cup (60 ml) chopped fresh rosemary  
½ cup (125 ml) oil (canola, sunflower or olive)  
2 tbsp. (30 ml) minced garlic  
1 tbsp. (15 ml) salt  
1 tbsp. (15 ml) pepper

## Preparation

Place the prepared vegetables in a large baking dish. In a small bowl mix together the rosemary, salt, and pepper with the oil. Pour this over the vegetables, toss them so that they are well coated. Bake the casserole in a 400°F (200°C) oven for about 35 to 45 minutes or until all the vegetables are tender when poked with a fork.

\*Jicama is an edible tuber originating in Mexico. It has a crisp, slightly sweet, starchy taste. It can be eaten raw or cooked.