

Ingredients:

Roasted Root Vegetables

- 4 root vegetables, choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.
- 2 carrots, chopped
- 1 medium onion, chopped
- 3 Tablespoons vegetable oil
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 3 Tablespoons Parmesan cheese

Directions:

1. Wash hands with warm water and soap. Wash vegetables with water before preparing.
2. Preheat oven to 400°F.
3. Cut vegetables into large chunks.
4. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
5. Spread an even layer on a baking sheet. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.
6. Serve warm. Refrigerate leftovers for up to two days.

Nutrition Facts (Per Serving)

Calories, 220; Carbohydrate, 27 g; Protein, 4 g; Total Fat, 12 g; Saturated Fat, 2 g; Trans Fat, 0 g; Cholesterol, 5 mg; Fiber, 5 g; Total Sugars, 8 g; Sodium, 123 mg; Calcium, 108 mg; Folate, 58 mcg; Iron, 2 mg.
Makes 4 servings; 1/4 of the pan each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.