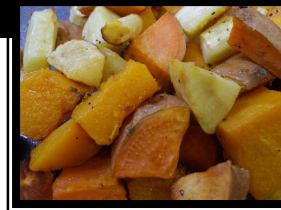


Roasted Root Vegetables

Prep Time: 10 minutes

Cook Time: 45 minutes

Makes 3, 1 cup servings



Ingredients:

- 3 cups root vegetables, cut into bite-sized pieces (*potatoes, sweet potatoes, beets, turnips, onions, parsnips, carrots, etc.*)
- 1 Tablespoon oil (vegetable, canola, or olive)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 clove garlic minced (*about 1 teaspoon*)
- 1 teaspoon chopped dried rosemary (*or other herbs such as oregano, basil, marjoram, or thyme*)

Directions:

1. Preheat oven to 400F.
2. Choose one to three types of root vegetables. Clean and chop vegetables into bite-sized pieces. *Note: The smaller you chop them, the faster they cook. Keep everything close to the same size for even cooking.*
3. Place chopped vegetables in a large bowl. Drizzle with oil and toss to coat. Sprinkle with salt, pepper, minced garlic, and herbs of choice. Mix until vegetables are coated with oil and spices.
4. Pour vegetables into a roasting pan or baking sheet. Bake 20 minutes. Remove from oven and stir with a spatula so they do not stick to the pan.
5. Return to oven and bake additional 20-30 minutes until vegetables are tender.

Root vegetables are packed with nutrients such as vitamins A and C!



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Try roasting non-root vegetables!

Bell peppers, onion, winter squash, broccoli, brussel sprouts, cauliflower, asparagus, eggplant, and mushrooms are all good options. Remember that these vegetables tend to cook faster.

Herbs and spices are a great choice!

- Keep a variety of dried herbs and spices on hand for low-sodium cooking. Use them often for lots of flavor without the salt.
- When cooking with fresh herbs and spices, double the amount used. For example, use 2 teaspoons fresh rosemary in place of 1 teaspoon dried rosemary.

Serving Size: 1 cup

Nutrition Facts:

Calories: 141

Fat: 5 g

Saturated Fat: 1 g

Sodium: 235 mg

Total Carbohydrates: 24 g

Fiber: 5 g

Protein: 2 g



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Nutrition Services

For more recipes and information about FREE public health services visit:
www.cghealth.com or call 641-421-9300