

# Rock N' Roasted Veggies

These roasted vegetables are sure to delight your whole family - they are easy to prepare and taste great!

Makes: 5 servings

Prep Time: 10 minutes  
Cook Time: 20 minutes

Source: Modified from a recipe by Broom-Tioga BOCES and Rural Health Network

## Ingredients

- 15 oz. Carrots, raw
- 5 oz. Beets, raw
- 2 tablespoons Vegetable oil, canola
- ¼ teaspoon Salt, table
- ¼ teaspoon Spices, pepper, black
- ½ teaspoon Honey

## Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Chop carrots and beets into 1-inch pieces.
3. Mix together carrots with ⅔ of oil, salt, pepper, and honey.
4. Mix together beets with 1/3 of oil, salt, pepper, and honey.
5. Roast on separate pans at 350 degrees Fahrenheit for 15-20 minutes, stirring halfway through. Baking times may differ depending on the oven and size of carrots/beets.
6. When they are done roasting, gently mix together carrots and beets.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	87
Total Fat:	7 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	220 mg
Total Carbohydrates:	6.3 g
Dietary Fiber:	2 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	1 g

## Utensils Needed

- Measuring cups
- Measuring spoons
- 2 baking sheets
- Mixing spoons
- Cutting board/mats
- Sharp knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$4.90

Average cost/serving: \$0.98

Recipe Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Carrots (2lb bag)



Add 1 to Cart  
Honey



Add 1 to Cart  
Fresh Beets

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Try adding potatoes as well for a starchy vegetable group.
- Golden beets have a sweeter flavor and can be used with or in place of red beets.
- Don't throw away those beet tops! Try using the beets greens in a salad or stir-fry.
- Honey should not be given to children under 1 year of age.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Purple Vegetable Pancakes
  - Magenta Root Slaw