

Harvest Roasted Vegetables

A simple, hearty side dish made from roasted root vegetables. This recipe brings out the natural sweetness of carrots, potatoes, and onions. Perfect for fall and winter meals!

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 45-60 minutes

Source: Santa Fe Farmers Market Institute

Ingredients

- 4 carrots
- 4 medium potatoes
- 2 medium onions
- 12 whole cloves garlic (optional)
- ¼ cup vegetable oil
- ½ tsp salt
- Black pepper, to taste
- Optional: sage, rosemary, thyme, or other herbs

Directions

1. Preheat oven to 425°F. Place baking sheet in oven to heat for 5 minutes.
2. Cut carrots, potatoes, and onions into ½-inch chunks.
3. Combine vegetables, garlic, oil, salt, and pepper in a bowl. Stir to coat.
4. Spread mixture in a single layer on hot baking sheet.
5. Roast 45 minutes to 1 hour, stirring every 20 minutes, until tender and golden.
6. Let cool 5 minutes before serving.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	230
Total Fat:	7g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	170 mg
Total Carbohydrates:	38g
Dietary Fiber:	5g
Total Sugars:	6g
Added Sugars:	0g
Protein	4g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Spoon or spatula for stirring
- Measuring spoons
- Baking sheet
- Oven mitts



SHOPPING LIST

Average total cost without oil and seasonings: \$6.55

Average cost/serving: \$1.64

Makes: 4 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



Add 4 to Cart
Potato



Add 2 to Cart
Onion



Add 1 to Cart
Garlic

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Mix in beets, parsnips, turnips, rutabaga, or kohlrabi for variety
- Fresh rosemary or thyme adds great flavor
- Leftovers are great in bowls, omelets, or soups

