

Roasted Root Vegetables

A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious.

Makes: 4 Servings
 Prep Time: 15 minutes
 Cook Time: 1 hour

Source: choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-root-vegetables

Ingredients

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese

Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a mixing bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 recipe (297g)	
Nutrients	Amount
Calories:	323
Total Fat:	15g
Saturated Fat:	2g
Cholesterol:	3mg
Sodium:	87mg
Total Carbohydrates:	43g
Dietary Fiber:	6g
Total Sugars:	4g
Added Sugars:	0g
Protein	6g

Utensils Needed

- Cutting board and sharp knife
- Mixing bowl
- Measuring spoons
- Baking sheet

SHOPPING LIST

Average total cost without oil and seasonings: \$9.40

Average cost/serving: \$2.35

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
Medium Rutabagas



Add 2 to Cart
Carrots



Add 1 to Cart
Medium Beets



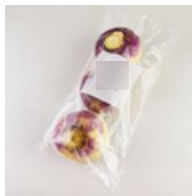
Add 1 to Cart
Medium Onion



Add 1 to Cart
Medium Sweet Potatoes



Add 1 to Cart
Parmesan Cheese (8 oz)



Add 1 to Cart
Medium Turnips

SAVE TIME, SAVE MONEY

Produce Tips: Beets

- Buying canned beets might save you money and time.
- Fresh beets are available year round but might be cheaper and fresher in summer and early fall!
- For the best buy, choose firm, smooth beets which have a rich, dark color.
- To prepare beets, remove greens, leaving 1 inch of stem. Scrub well. Beets may be roasted, boiled, or eaten raw.
- To keep fresh, store beets in the refrigerator and use them within 2 weeks.
- Beets contain fiber which helps to keep you regular.

My Cooking Notes