

Roasted Root Vegetables

Yield: 5 servings



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

INGREDIENTS

2 medium-sized sweet potatoes, cut into large chunks
2 medium-sized root vegetables (white potatoes, turnips, beets), cut into large chunks
2 carrots, chopped
1 medium onion, chopped
1/4 cup vegetable oil
3 tablespoons Parmesan cheese
Season with your favorite spices

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a medium bowl, add all chopped vegetables, and pour oil over top.
3. Add Parmesan cheese and seasonings; mix well.
4. Spread vegetable mixture evenly on a baking sheet.
5. Bake for 1 hour or until tender.

NOTES

Serving Size: 1 cup

Nutrition Facts per Serving:

Calories 221
Total fat 12g
Saturated fat 1g
Sodium 116mg
Carbohydrates 26g
Fiber 4g
Protein 4g

Source: SNAP-Ed Connection

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