

Roasted Root Vegetables

Serving size: 1/2 cups; makes about 8 servings

Prep time: 10 minutes

Cook time: 25 minutes + 24-72 hours

Total time: 35 minutes

Ingredients

- 1/2 cup carrots
- 1/2 cup turnips
- 1/2 cup parsnips
- 1 cup sweet potato
- 1 cup rutabaga
- 1/2 red onion



Preparation

1. Preheat oven to 400 degrees F, standard oven, (350 F convection oven).
2. Wash peel and dice all fresh produce.
3. Coat a baking sheet with vegetable oil. Place vegetable in single layer, careful not to overcrowd.
4. Place in oven for 25-40 minutes, turning half way through cooking process, until the vegetables are browned and al dente.
5. Lightly season to your liking. Let cool and serve!
*Be creative! Add your favorite spices

Nutritional Information

Per serving

Calories: 60

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Total Carbohydrate: 13g

Dietary Fiber: 3g

Sugar: 5g

Protein: 9g

Sodium: 20mg

Potassium: 270mg

Adjusted from: Sodexo Recipes