

Roasted Root Vegetables

Ingredients:

1/2 pound fingerling potatoes, roughly chopped
3 carrots, peeled and roughly chopped
2 parsnips, peeled and roughly chopped
2 turnips, peeled and roughly chopped
2 red onions, peeled and roughly chopped
1 garlic head, peeled
2 tablespoons fresh thyme or 2 teaspoons dried
2 teaspoons fresh rosemary
3 tablespoons olive oil
Salt and pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Place potatoes, carrots, parsnips, turnips, and red onions into a large bowl and toss together.
3. With the side of a knife, gently smash each garlic clove and add to the bowl of vegetables.
4. Add the herbs and olive oil to the vegetables and season with a pinch of salt and pepper.
5. Pour the seasoned vegetables onto a large baking sheet and spread in a single layer.
6. Roast vegetables in the oven for 25 minutes or until golden brown. Stir the vegetables halfway through the cooking time. Serve.

Nutrition Facts

Serving Size 1/2 cup (145g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 2g

Vitamin A 50% • Vitamin C 35%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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