

Roasted Winter Vegetables

Ingredients:

- 3 medium carrots, cut into 1/2-inch circles
- 1 1/2 cups Brussels sprouts, halved
- 4 cups red potatoes, dice into 1 1/2-inch thick slices
- 3 medium parsnips, dice into 1 1/2-inch slices
- 1 cup sweet potatoes, dice into 1 1/2-inch slices
- 1/4 cup olive oil
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 2 teaspoons kosher salt
- 2 teaspoons fresh ground black pepper

Directions

1. Preheat oven to 400 degrees
2. In a large bowl, add the carrots, Brussels sprouts, red potatoes, parsnips, and sweet potatoes. Toss well with olive oil, herbs, salt, and pepper.
3. Spread the vegetables evenly on a large baking sheet. Place on medium rack in oven and bake for 35 to 40 minutes.

Nutrition Facts

Serving Size (208g)
Servings Per Container 8

Amount Per Serving

Calories 210 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 540mg **23%**

Total Carbohydrate 34g **11%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 4g

Vitamin A 250% • Vitamin C 50%

Calcium 6% • Iron 8%

*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

