Roasted Root Vegetables

Serving Size: ¼ cup

Yield: 4 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	1¼ c
	Fruits	--
	Dairy	--
	Protein	--

Nutrient Totals

Per Serving:

Calories	250
Total Fat	15 g
Saturated Fat	2 g
Sodium	150 mg
Protein	5 g

Ingredients:

2 medium-sized sweet potatoes, cut into large chunks

2 medium-sized root vegetables (white potatoes, rutabagas, turnips, parsnips, beets), cut into large chunks

2 carrots, chopped

1 medium onion, chopped

¼ cup vegetable oil

3 tablespoons Parmesan cheese

Season with your favorite spices

Preparation:

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.

Source: SNAP-Ed Connection