

Roasted Root Vegetables

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8-10

Serving Size: 1 cup

Ingredients	Quantity	Measure
Sweet potatoes	1	pound
Shallots	1	cup
Carrots, medium chunk	2	cups
Butternut squash, medium chunk	2	cups
Parsnips, medium chunk	1	cup
Turnips, medium chunk	1	cup
Fresh garlic, whole cloves	8	cloves
Olive oil	2	teaspoons
Salt	1	teaspoon
White pepper	1	teaspoon

Preparation

1. Put oil in a hotel pan and coat all vegetables.
2. Add salt and pepper.
3. Cover with foil.
4. Bake at 375 degrees for 40-50 minutes or until vegetables are tender.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 119 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 26g Protein: 3g Sodium: 314mg
Vitamin A: 613µg Vitamin C: 19mg Calcium: 70mg Iron: 1mg Folate: 48µg

