



ROASTED ROOT VEGETABLES

ADAPTED FROM MONTANA EXTENSION NUTRITION EDUCATION PROGRAM

Servings: 4 **Prep Time:** 20 Min.

Cook Time: 1 hour

Ingredients:

- 4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc)
- 2 chopped carrots
- 1 medium chopped onion
- 1/4 cup vegetable oil
- 3 Tablespoons Parmesan cheese
- Season with your favorite spices

Directions:

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender.

Nutrition Information Per Serving:	
Calories	250
Total Fat	15g
Cholesterol	5mg
Sat. Fat	0g
Sodium	150mg
Carbs	26g
Sugar	13g
Fiber	7g
Protein	5g

For more information and recipes visit: www.uchd.net



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