

Roasted Root Vegetables

Ingredients:

Non stick cooking spray
 1 onion
 1 potato
 1 turnips
 1 sweet potato
 1 rutabagas
 2 carrots
 1 tablespoon vegetable oil
 1 teaspoon rosemary
 1 teaspoon garlic powder
 1 teaspoon sage
 3 tablespoons Parmesan cheese

Equipment:

Cutting board
 Knife
 Plastic bag for food storage
 Measuring cups
 Measuring spoons
 Baking sheet

Number of Servings: 6
 Prep Time: 10 minutes
 Total time: 1 hour

Directions

1. Preheat oven to 350°F. Spray a baking sheet with non stick spray.
2. Wash all vegetables and leave skins on. Cut vegetables in to bite size chunks about the same size. As vegetables are prepared, add to a food storage plastic bag.
3. Add oil and seasonings to plastic bag.
4. Close plastic bag and shake well to distribute seasonings.
5. Spread contents of bag in an even layer on baking sheet.
6. Bake at 350°F for 1 hour or until tender. Sprinkle with Parmesan cheese before serving.

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Nutrition Facts

Serving Size: 1 cup			
Servings: 6			
Amount Per Serving			
Calories 106		Calories from Fat 27	
%Daily Value*			
Total Fat	3g		5%
Saturated Fat	1g		4%
Cholesterol	2mg		1%
Sodium	79mg		3%
Total Carbohydrate	17g		6%
Dietary Fiber	3g		12%
Protein	3g		6%
Vitamin A	227%	Vitamin C	38%
Iron	4%	Calcium	7%
*Percent Daily Values are based on a 2,000 calorie diet.			

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