

# Eat Smart • Move More

## Roasted Root Vegetables

Prep Time: 5 minutes

Total Time: 25 minutes



### Ingredients

- 1 sweet potato, chopped
- 1 rutabaga, chopped
- 1 onion, chopped
- 1 potato, chopped
- 2 carrots, chopped
- 1 turnip, chopped
- 1 tablespoon olive oil
- 3 tablespoons reduced fat grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon ground sage
- 1 teaspoon dried rosemary

### Nutrition Facts

6 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(179.37g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>120</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	3g	<b>4%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	<5mg	<b>0%</b>
<b>Sodium</b>	90mg	<b>4%</b>
<b>Total Carbohydrate</b>	22g	<b>8%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	7g	
Includes g of Added Sugars		
<b>Protein</b>	3g	
Vitamin D	0mcg	<b>0%</b>
Calcium	89mg	<b>6%</b>
Iron	1mg	<b>6%</b>
Potassium	570mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

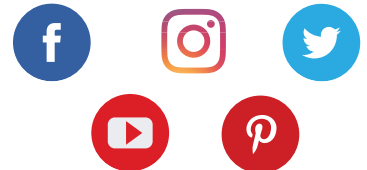
### Quick Tips

- ▶ Change up the seasonings. Use your preferred herbs or spices, like garlic powder, ground black pepper, Italian seasoning, to flavor this dish.
- ▶ Try adding other vegetables, such as broccoli, cabbage, or cauliflower for a different taste.

### Directions

- Heat oven to 350°F.
- Evenly spread all vegetables on a baking sheet or baking dish. Drizzle oil and seasonings over vegetables. Toss to combine. Bake 30-40 minutes or until all vegetables are tender.
- Sprinkle with Parmesan cheese before serving.

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(Recipe adapted from: <https://www.thekitchn.com>)

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