

# OVEN-ROASTED VEGETABLES



Serves (depends on amount prepared)

Serving Size:  
approximately 1 cup  
(as a side)

Prep Time: Depends on vegetables, approximately 15 minutes

Cook Time: Varies with vegetables, approximately 30-50 minutes

Total Time: 45 minutes–1 hour 5 minutes

## Ingredients

### Combination Suggestions

- Carrots, parsnips, turnips, sweet potatoes, and shallots. When done, top with a squeeze of orange and orange zest.
- Broccoli, cauliflower, and carrots. This is great with ground cumin.
- Asparagus. Great topped with lemon zest
- Bell pepper and onions. This is great as an addition to sandwiches or most any entrée.

### Topping

- 2 tablespoons of olive oil, may need more depending on amount of vegetables
- Salt and pepper to taste

## Directions

1. Preheat oven to 375° F. Line baking sheet with foil or parchment paper for easy clean up.
2. Cut chosen vegetables into 2-inch pieces. Toss in olive oil on baking sheet.
3. Sprinkle chosen seasoning and toss vegetables to coat well.
4. Bake until fork tender. Time depends on vegetables chosen.

## Nutrition information Per Serving

162 calories		Protein	3 g
Carbohydrates	28 g	Fat	5 g
Fiber	5 g	Sodium	426 mg

*Based on recipe created using 1 cup of each: carrots, parsnips, turnips, sweet potatoes and shallots, with 1 teaspoon salt and 2 tablespoons olive oil*



## Eat Smart



**NC STATE**  
EXTENSION

**Community & Clinical**  
**CONNECTIONS**  
for Prevention & Health  
Branch  
NORTH CAROLINA  
DIVISION OF PUBLIC HEALTH

