

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