

Roasted Root Vegetables

Serves 5

1 large sweet potato
3 carrots
2 medium potatoes
2 beets
1/2 t salt
2 T canola oil
2 t onion powder
1/2 t black pepper
4 cloves garlic, minced
2 T fresh minced rosemary (or 1 T dried)



Preheat oven to 400°F. Thoroughly wash all root vegetables. Chop sweet potato, carrots, potatoes, and beets into a 1/2" dice. Place vegetables in a 8" X 8" baking dish. Sprinkle salt, oil, onion powder, and black pepper over the vegetables and mix to incorporate. Roast covered for 20 minutes. Remove baking dish from oven and take off foil. Add garlic and rosemary and mix to incorporate. Continue baking uncovered for an additional 15 minutes.

Nutrition information per serving (about 1 cup): 220 calories, 6g fat, 4g protein, 40 g carbohydrate, 300mg sodium, 5g dietary fiber. Excellent source of vitamins A and C. Good source of iron.

