

Roasted Rooties

8 servings

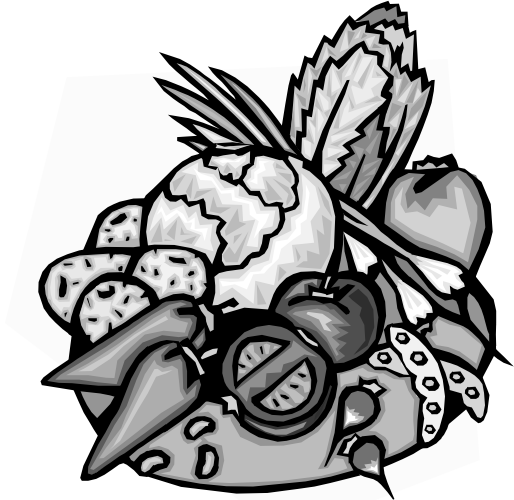
Oven roasting vegetables is a quick and easy method. Almost any vegetables can be substituted for those used in this recipe. Try winter squash, turnips, or broccoli.

Time:

60 minutes

Ingredients:

- 2 beets
- 2 carrots
- 2 potatoes
- 1 sweet potato
- 1 onion
- 4 cloves of garlic, chopped
- 2 tablespoons olive or canola oil
- 1 tablespoon Balsamic vinegar or lemon juice
- 1 teaspoon low sodium soy sauce



Equipment:

- Chef knife and serrated dinner knife
- Cutting board
- Toaster oven or oven
- Measuring spoons
- Baking tray
- Aluminum foil
- Plates and napkins for serving

Directions:

1. Preheat oven to 400F.
2. Rinse and chop vegetables into bite-sized pieces.
3. Place vegetables in baking pan. Add chopped garlic, oil, vinegar, and soy sauce. Mix thoroughly.
4. Cover pan with foil and bake for 30 to 40 minutes, or until tender. Remove foil and roast for an additional 5 to 7 minutes, until lightly browned.

Source: Eating What We Grow: Choosing and preparing Vermont-grown fruits and vegetables, University of Vermont Extension, 2000.

Nutrition Facts

Serving Size 1 SERVING (110g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 30

%Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **9%**

Sugars 6g

Protein 2g

Vitamin A 150% • Vitamin C 20%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.