



EASY ROASTED VEGGIES

INGREDIENTS

- 5 cups assorted vegetable pieces cut in chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
- 1 tablespoon vegetable or olive oil
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

INSTRUCTIONS

1. Heat oven to 425o F.
2. Line a 9x13 pan with aluminum foil.
3. Spread vegetables in pan. Sprinkle oil on vegetables. Stir. Sprinkle with seasoning, pepper, and salt. Stir.
4. Bake uncovered 45 minutes. Turn every 15 minutes.
5. Serve while hot.

COOKING TIPS

- Roasting brings out the sweetness of vegetables.
- Use thyme, basil, or rosemary in place of dried Italian seasoning.
- Save energy. Roast veggies in oven with other food or right after other food is done.
- Use veggies that your family likes. Leftovers are great.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 160%	Vitamin C 15%
Calcium 2%	Iron 4%

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