

Roasted Root Vegetables

Ingredients:

- 4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 chopped carrots
- 1 medium chopped onion
- 3-4 Tablespoons vegetable or olive oil
- 3 Tablespoons grated Parmesan cheese
- Season with your favorite spices

Instructions:

- 1) Preheat oven to 350 degrees.
- 2) Cut vegetables into large chunks.
- 3) Place in a medium bowl and pour oil over top. Add Parmesan cheese and seasonings. Mix well.
- 4) Spread an even layer on a baking sheet.
- 5) Bake for about 1 hour or until tender. Start checking the vegetables at about 45 minutes to see if they are the proper texture.

YIELD: 4 servings (approx. 1 cup each)

Suggestions:

Roasting root vegetables adds a delightful sweet flavor. Cut vegetables into chunks that are similar in size so they will finish roasting at the same time.

Some seasoning options:

- 1/4 teaspoon of dried thyme, 1/4 teaspoon dried rosemary, and 1/8 teaspoon black pepper
- 1/2 teaspoon Italian seasoning and 1/8 teaspoon black pepper
- 1 Tablespoon minced garlic with ground black pepper to taste

Nutrition Analysis

Serving Size: 1/4 recipe	Total Carb: 23.7 g
Calories: 213	Dietary Fiber: 4.1 g
Total Fat: 11.7 g	Sodium: 206 mg
Calories from Fat: 49.7%	Protein: 4.3 g
Saturated Fat: 2.3 g	Calcium: 90.8 mg
Trans Fat: 0.0 g	Iron: 0.95 mg

Source:

Montana State University Extension Service
www.montana.edu/nep/recipes.htm