



Roasted Root Vegetables

Ingredients

- 1 lb. Mixed Root vegetables (Red Beets, Yellow Beets, Parsnips or Sweet Potatoes), peeled & cut into 1 in. chunks
- 1 Red Onion, cut into 1 inch chunks
- 2 tablespoons Olive Oil
- 1/2 teaspoon Salt
- 1/2 teaspoon Pepper
- 1 teaspoon Italian Seasoning



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See Page #2 for Directions



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Directions

- Preheat the oven to 400° F. Coat a baking sheet with nonstick spray.
- Toss the vegetables in the olive oil. Place the vegetables in a single layer onto the prepared baking sheet. Season with salt and pepper.
- Place into the oven and bake for 18 - 20 minutes until tender and caramelized.
- Sprinkle with Italian seasoning & enjoy!

Recipe by Tomah Health's Nutrition Services
Director & Registered Dietitian Nutritionist,
Michelle Lindsay, MS, RDN, CD

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