

Roasted Root Vegetables

Makes 4 servings

INGREDIENTS

- » 1 medium parsnip
- » 1 medium beet
- » 1 medium potato (white or sweet)
- » 1 medium rutabaga or turnip
- » 2 carrots
- » 1 medium onion
- » ¼ cup vegetable oil
- » 3 tablespoons Parmesan cheese



TO PREPARE

1. Preheat oven to 350 °F.
2. Wash all vegetables and cut in large chunks. You can leave the skin on the potatoes.
3. Place in medium bowl and pour oil over top.
4. Add Parmesan cheese and mix well.
5. On a foil-lined baking sheet, spread vegetables out on an even layer.
6. Bake for 1 hour or until tender. Check a few vegetables to make sure they are tender.

Nutrition Information per serving: 323 calories; 15 g fat (3 mg cholesterol); 87 mg sodium; 43 g carbohydrates (6 g fiber, 4 g sugar); 6 g protein; 86 mg calcium; 1038 mg potassium

SOURCE: Recipe adapted from United States Department of Agriculture, What's Cooking? USDA Mixing Bowl, "Roasted Root Vegetables." whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-root-vegetables

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