



Roasted Root Veggie Power Hour



1/4 of recipe (about 1 cup): 128 calories, 3.5g total fat (0.5g sat. fat), 144mg sodium, 23.5g carbs, 6g fiber, 8.5g sugars, 2g protein

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Prep: 20 minutes **Cook:** 35 minutes



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Ingredients

2 cups (about 1/2 medium) butternut squash, peeled and cut into 1-inch chunks
1 cup (about 2 medium) carrots, peeled and cut into 1-inch chunks
1 cup (about 1 medium) parsnip, peeled and cut into 1-inch chunks
1 cup (about 1-2) beets, peeled and cut into 1-inch chunks
1 tbsp. extra-virgin olive oil
1/8 tsp salt
1/8 tsp. black pepper

Directions

Preheat oven to 400°F degrees. Spray a baking sheet with nonstick spray.

Place veggies in a large bowl. Drizzle with oil, and season with salt and pepper. Gently toss to coat.

Evenly distribute mixture on the baking sheet. Bake for 15 minutes.

Flip veggies. Bake until softened and browned, 18 - 20 minutes.

MAKES 4 SERVINGS

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