



Hearty Roasted Vegetables

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes)
- 2 carrots, chopped
- 1 medium onion, chopped
- ¼ cup vegetable oil
- 3 tablespoons Parmesan cheese
- Season with your favorite spices

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Cut vegetables into large chunks.
4. In a medium bowl, place vegetables and pour oil over top. Add spices or Parmesan and mix well.
5. Spread an even layer on a baking sheet.
6. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.
7. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 250

Calories from Fat 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 26g **9%**

Dietary Fiber 7g **28%**

Sugars 13g

Protein 5g

Vitamin A 200%

Vitamin C 80%

Calcium 15%

Iron 8%

Tips:

- Add a variety of vegetables. Find a farmers market at: agebb.missouri.edu/fmkt/dir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm
- ☺ Let your kids be produce pickers. Help them pick fruits and veggies at the store, farmers market or pick-your-own farms.
- ☺ Make mealtime a family time — cook, eat and talk together.

Source: SNAP-Ed Connection Recipe Finder, Montana Extension Nutrition Education Program

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/