



# Roasted Root Vegetables

6 Servings • 1 Serving = 1 Cup

## INGREDIENTS

- 1 ½ pounds mixed vegetables (carrots, sweet potatoes, red bell pepper, and broccoli)
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 Tablespoon extra virgin olive oil
- ¼ cup parsley, chopped

## DIRECTIONS

1. Preheat oven to 375°F.
2. Cut vegetables into uniform sizes and toss with salt, pepper, and oil.
3. Lay the vegetables flat onto a baking or roasting sheet. Roast for 20-40 minutes or until vegetables are deeply golden and cooked through. The size of vegetables will determine how long you need to roast them.
4. Remove vegetables from the oven and allow to cool slightly.
5. Garnish with parsley before serving.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
<b>Dietary Fiber</b> 3g	<b>11%</b>
<b>Total Sugars</b> 5g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 2g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 34mg	<b>2%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 241mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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