

Roasted Root Vegetables

Ingredients:

- 4 medium-sized root vegetables (choose a variety from potatoes, beets, sweet potatoes, rutabagas and turnips)
- 2 chopped carrots
- 1 medium chopped onion
- 1/4 c. vegetable oil (such as canola, sunflower or olive oil)
- 3 Tbsp. Parmesan cheese
- Salt, pepper, your favorite spices (optional)

Directions:

- Preheat oven to 350 degrees. Wash, peel and cut vegetables into large chunks. (You can leave the skins on if desired.) Place in a medium bowl and pour oil over top. Add Parmesan cheese and/or seasonings. Mix well. Spread an even layer on a baking sheet. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Makes 4 servings. Per serving: 250 calories, 15 grams (g) fat, 26 g carbohydrate and 7 g fiber.

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