Roasted Root Vegetables

Makes 6 servings
Each serving has 90 calories, 3.5 grams (g) fat, 2 g protein, 16 g carbohydrate, 2 g fiber, and 420 milligrams (mg) sodium.

1 onion, quartered and layers separated
1 medium-sized white potato, peeled (optional) and diced into ½-inch cubes
1 medium-sized sweet potato, peeled and diced into ½-inch cubes
3 to 4 medium-sized fresh beets, peeled and diced into ½-inch cubes
Nonstick vegetable spray
4 tsp. olive oil, canola oil or other salad oil, divided
1 tsp. salt, divided

Preheat oven to 425 F. Line a large baking sheet with foil and coat with nonstick vegetable spray. With an extra piece of foil, create a separate foil boat to hold the diced beets. Coat with nonstick spray and place it on top of the baking sheet. Peel off dry outer onion layers. Quarter and separate the layers. Toss onion pieces with 1 tsp. oil and ¼ tsp. salt, place on baking sheet. Wash, scrub, peel and dice white and sweet potatoes. Toss white and sweet potatoes with 2 tsp. oil and ½ tsp. salt, place on baking sheet. Wash, peel and dice beets. Caution: beet juice can stain your hands, cutting boards, and the counter. Toss beets with 1 tsp. oil and ¼ tsp. salt, place in foil boat on baking sheet. Bake uncovered for 25 to 30 minutes or until vegetables are soft and the edges are a light brown.