

Roasted Autumn Vegetables

Ingredients

- 3/4 cup sweet potato
- 1/2 cup beets
- 1/2 cup butternut squash
- 1/4 tsp rosemary
- 1/2 tsp vegetable oil
- 1/8 tsp kosher salt
- 1/8 tsp pepper
- 1/4 tsp thyme

Directions

1. Peel and medium dice sweet potatoes, beets, and butternut squash. Chop rosemary.
2. Lay each type of vegetable on a different baking sheet and coat with oil.
3. Season with salt, pepper, rosemary, and thyme.
4. Roast at 400° F for 30 minutes or until vegetables are tender (beets typically take 5 minutes longer to become tender).
5. Combine and serve hot or cold.

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 41 calories,
0.61 g fat, 0.1 g saturated fat,
74 mg sodium, 8.48 g
carbohydrate, 1.56 g fiber,
2.5 g sugar, 0.82 g protein

