



Hearty Roasted Vegetables

Servings: 4

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

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 herbs or spices

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 and Parmesan and mix well.
5. Spread an even layer on a baking sheet.
6. Bake for 1 hour or until tender. Smaller pieces may cook faster. Check tenderness of vegetables periodically during cooking time.
7. Refrigerate leftovers immediately.



Nutrition Facts

servings per container

Serving size (217g)

Amount per serving

Calories **240**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 135mg **6%**

Total Carbohydrate 31g **11%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg 0%

Calcium 82mg 6%

Iron 1mg 6%

Potassium 685mg 15%

*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.

Helpful Tips

- Add a variety of vegetables. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Let your kids be produce pickers. Help them pick fruits and veggies at the store, farmers market or pick-your-own farms.
- Make mealtime family time — cook, eat and talk together.
- Suggestions for seasonings include rosemary, oregano, thyme, sage, garlic powder, curry powder, or cumin.

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

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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 resource center or go online to mydss.mo.gov/food-assistance