

Roasted Fall Vegetables

This recipe contains more than one type of vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

- 3 carrots, washed and cut into 1-inch pieces
- 2 cups brussel sprouts; washed, trimmed and cut in half if large
- 1 medium onion, cut into wedges
- 9 small white button mushrooms, cleaned
- 1 medium sweet potato, peeled and cut into 1-inch pieces
- 1 tablespoon olive oil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cups chicken or vegetable stock

Directions:

1. Preheat oven to 400° F. In a mixing bowl, toss the vegetables with oil, oregano, salt and pepper.
2. Place the vegetables in a roasting pan. Pour the stock into the bottom of the pan. Roast for 45 minutes, stirring and turning carefully every 15 minutes.
3. Check to see if the vegetables are tender. If not, cook 15 minutes longer. If vegetables are tender, turn the oven up to 425° and continue to roast for 10 to 15 minutes more (the liquid should evaporate).
4. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/2 cup (101g)
Servings Per Container 10

Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 2g	

Protein 2g

Vitamin A 100% • Vitamin C 30%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

10 servings, 1/2 cup each

Bright Ideas: Try recipe with other fall vegetables such as white potatoes, cabbage, turnips, parsnips or rutabagas.

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>