



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Roasted Winter Vegetables

Adapted from Ina Garten

1 pound carrots, peeled and cut into 1-inch cubes
1 pound parsnips, peeled and cut into 1-inch cubes
1 large sweet potato, cut into 1-inch cubes
1 small butternut squash, peeled, seeded, and cut into 1-inch cubes
3 tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

Instructions:

Set the oven to 425 degrees. Divide the vegetables between two sheet pans (space out in a single layer). Drizzle equally with olive oil. Sprinkle with salt and pepper.

Roast until vegetables are tender (about 25 to 35 minutes), tossing them once with a metal spatula about halfway through the cooking process.

Notes:

-Using two sheet pans, instead of one, will allow for even cooking—overcrowding the pan will prevent the vegetables from caramelizing.

Yield: 8 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 180 calories

PROTEIN: 3 g

SODIUM: 200 mg

CARBOHYDRATE: 34 g

FIBER: 8 g

FAT: 5 g

SAT FAT: 1 g