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:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Fat</th>
<th>Sodium</th>
<th>Fiber</th>
<th>Sat Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>PER SERVING</td>
<td>180</td>
<td>3 g</td>
<td>34 g</td>
<td>5 g</td>
<td>200 mg</td>
<td>8 g</td>
<td>1 g</td>
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