



# Roasted Root Vegetables

Makes 3 servings



Washington Farmers  
Market Nutrition Program

## Ingredients:

- 4 tsp olive oil
- 2 tsp maple syrup or honey
- 1 small clove garlic, minced
- 1 small potato, quartered
- 1 carrot, cut into 2-inch pieces
- 1 small parsnip, cut into 2-inch pieces
- 1/2 rutabaga, peeled, cut into 2-inch pieces
- 1 small sweet potato, peeled, quartered
- 1 small onion, chopped
- 2 tsp butter, melted

## Directions:

1. Preheat oven to 350 degrees.
2. Mix oil, syrup and garlic in a small bowl.
3. Place cut vegetables in a large baking pan. Pour oil mixture over vegetables and toss to coat.
4. Spread vegetables out in a single layer. Roast until tender and golden brown, stirring occasionally, about 1 hour.
5. Pour melted butter over vegetables and serve.



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<b>Nutrition Facts</b>	
Serving Size (193g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2.5g	<b>12%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 5g	<b>19%</b>
Sugars 15g	
<b>Protein</b> 3g	
Vitamin A 180% • Vitamin C 45%	
Calcium 4% • Iron 6%	
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## *Roasted Root Vegetables*

### Options

- Use any combination of root vegetables from the farmers' market in this recipe.
- Substitute turnips for parsnips or just use more carrots.
- Omit butter to reduce calories and fat.
- Refrigerate the leftovers for up to 5 days.

Adapted from *How Does Your Garden Grow?* University of Wisconsin Cooperative Extension. This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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