

Roasted Winter Vegetables

Roasting vegetables brings out their natural sweetness and this recipe can be used as a template for just about any veggie you like!

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
---------------------	---------------------	----------------------

INGREDIENTS

1 lb.	Brussels Sprouts, trimmed and halved or quartered if very large
4 each	Parsnips or Carrots, cut into ½" pieces
1 each	Red Onion, large dice
1 Tbsp	Olive Oil
¾ tsp	Thyme, dried
¾ tsp	Garlic Powder
¼ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

Think you don't like Brussels Sprouts or Parsnips? Both can be a little bitter but by roasting, you develop their natural sweetness through the process of caramelization and maillard browning.

When roasting different vegetables together on the same baking sheet, try to cut them to similar sizes for even cooking.

Pro tip: allow some Brussels Sprouts leaves to remain loose on the baking sheet, you'll be rewarded with super crispy chip-like pieces.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line two half-sheet pans with parchment paper or foil.
2. Add chopped vegetables, spices and oil to a large mixing bowl and toss to combine thoroughly.
3. Spread the seasoned vegetables onto lined half-sheet pans. Take care not to overcrowd the pan, the vegetables should be in an even layer with space around the pieces.
4. Roast in the preheated oven for about 15-20 minutes, until the vegetables are browned and tender. Rotate the pans and stir the vegetables halfway through cooking for maximum browning.

Nutrition Facts

6 servings per container

Serving size 3/4 cup (118g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 6%

Total Carbohydrate 13g 5%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.4mg 8%

Potassium 460mg 10%

* The % Daily Value (DV) 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.

