

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 5 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 lb.	Brussels Sprouts, trimmed and halved or quartered if very large
8 oz.	Parsnips or Carrots (about 3 medium), cut into ½" pieces
½ each	Red Onion, large dice
1 Tbsp	Olive or Canola Oil
½ tsp	Thyme, dried
½ tsp	Garlic Powder
½ tsp	Kosher Salt
To Taste	Black Pepper

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F.
2. Add chopped vegetables, spices and oil to a large mixing bowl and toss to combine thoroughly.
3. Spread the seasoned vegetables onto one or two baking sheets lined with foil. 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.

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 of the Brussels Sprout leaves to remain loose on the baking sheet; you'll be rewarded with super crispy chip-like pieces. YUM!

Nutrition Facts

5 servings per container

Serving Size 3/4 cup (151 g)

Amount per serving

Calories 100

% Daily Value *

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 17g 6%

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 4g 7%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2mg 9%

Potassium 500mg 11%

Vitamin A 35µg 4%

Vitamin C 85mg 95%

Vitamin E 1mg 10%

Vitamin K 170µg 144%

Vitamin B-6 0.2mg 15%

Folate 90µg 22%

Vitamin B-12 0µg 0%

Phosphorus 95mg 8%

Zinc 1mg 6%

*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.

