

Roasted root vegetables



Recipe credit

[Adapted from the United States Department of Agriculture's Roasted Root Vegetables](#)

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

15 minutes preparation; 45-60 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 4 medium root vegetables (potatoes, rutabagas, turnips, parsnips, sweet potatoes, etc.)
- 2 medium carrots, diced
- 1 medium onion, chopped
- 2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- Salt and pepper to taste

Directions

1. Preheat oven to 425 degrees F.
2. Peel and cut vegetables into similarly sized bite-sized pieces.
3. Place vegetables in a medium bowl and pour oil over top.
4. Add garlic powder and mix well.
5. Season with salt and pepper to taste.
6. Spread mixture into a baking sheet or shallow baking pan.
7. Stir and check vegetables every 10-15 minutes. Vegetables are done when they show signs of crispness and browning and are easily pierced with a fork.
Roasting time will average 30-60 minutes, depending on the type of vegetables and size of pieces.

CACFP Crediting Information:

1/4 cup = 1/4 cup vegetable

Tips and variations

- Teens can peel and chop vegetables.
- Younger children can stir ingredients together.
- Do not crowd the vegetables or use too deep of a baking pan. Doing so will steam vs. roast the vegetables.

- Experiment with a variety of vegetables (cauliflower, broccoli, beets, etc.), herbs, and spices (basil, rosemary, thyme, etc.).

Nutritional info

Calories

172

Total fat

7 g

Saturated fat

1 g

Cholesterol

0 g

Sodium

117 mg

Total carbohydrates

26 g

Dietary fiber

5 g

Protein

3 g

Total sugar

6 g

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