

Roasted Vegetables



One of the best ways to avoid over indulging during the holiday season is by adding fruits and vegetables to your plate. According to choosemyplate.gov, at least half your plate should be fruits and vegetables. With root vegetables and squash in season, try this nutritious, low calorie side dish that anyone will love!

Makes 8 Servings

Ingredients:

2 Cups Butternut Squash
2 Cups Brussels Sprouts
2 Cups Cauliflower
2 Cups Colorful Carrots
2 TB Olive Oil
12 TB Minced Garlic
1 tsp Thyme
1 TB Lemon Juice
2 tsp Pepper

Directions:

1. Preheat oven to 425 degrees
2. Slice the ends off the Brussels Sprouts and halve them
3. Peel and dice Carrots
4. Peel and chop Butternut Squash
5. Chop Cauliflower
6. Layer vegetables on a cookie sheet lined with aluminum foil
7. Mix Olive Oil, Lemon Juice, Garlic and spices
8. Drizzle over veggies and bake until crispy (45 minutes)

Nutritional information Per Serving:

Calories: 109
Total Fat: 3 grams
Cholesterol: 0 milligrams
Protein: 2 grams
Total Carbohydrates: 18 grams
Dietary Fiber: 5 grams
Sugars: 2 grams
Sodium: 20 milligrams

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