



Healthy Roasted Root Vegetables

By Taste of Home

Prep: 20 min. Bake: 25 min. Yield: 4 Servings

Ingredients

- 2 cups *cubed peeled rutabaga*
- 3/4 cup *chopped peeled turnip*
- 1 *small onion, cut into wedges*
- 1 *small carrot, chopped*
- 1/2 cup *chopped peeled parsnip*
- 1-1/2 teaspoons *olive oil*
- 1/2 teaspoon *minced fresh thyme or 1/4 teaspoon dried thyme*
- 1/2 teaspoon *minced fresh oregano or 1/4 teaspoon dried oregano*
- 1/2 teaspoon *minced fresh rosemary or 1/4 teaspoon dried rosemary, crushed*
- 1/4 teaspoon *pepper*
- 1/8 teaspoon *salt*

Directions

- In a large bowl, combine all ingredients; toss to coat. Transfer to a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray.
- Bake, uncovered, at 425° for 25-30 minutes or until vegetables are tender, stirring occasionally. **Yield:** 4 servings.

Nutritional Facts 3/4 cup equals 72 calories, 2 g fat (trace saturated fat), 0 cholesterol, 115 mg sodium, 13 g carbohydrate, 4 g fiber, 2 g protein. **Diabetic Exchange:** 2 vegetable.

The Balanced Body Center

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