

ROASTED ROOT VEGETABLES

Source: SNAP-Ed CCE Chenango

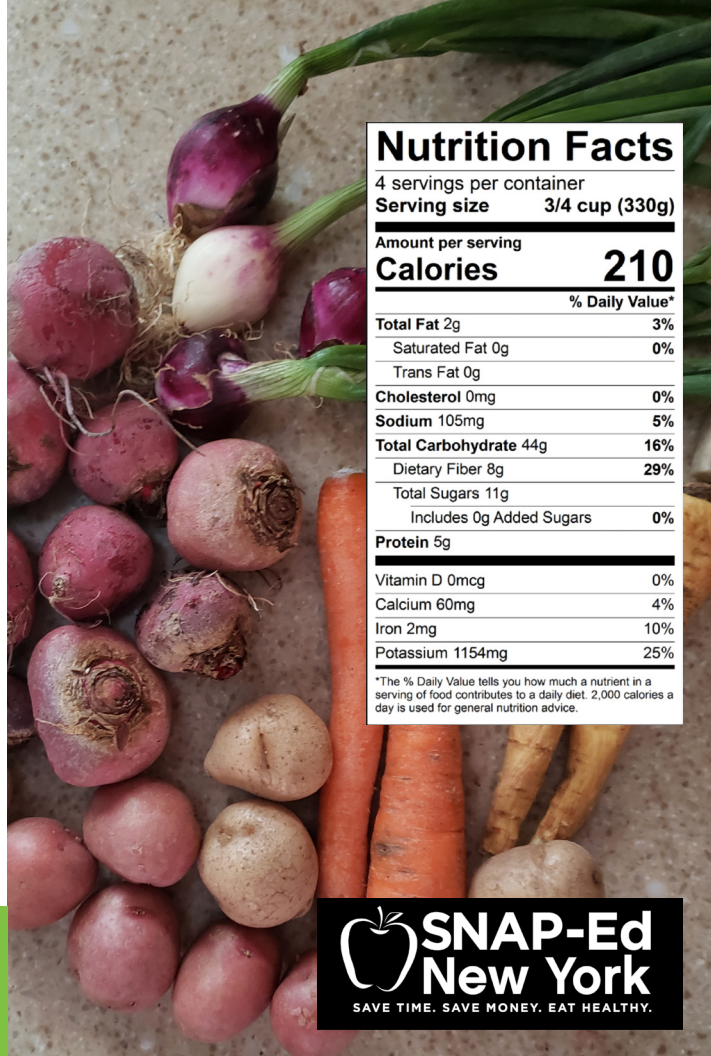
Ingredients:

- 2 cups potatoes, cubed
- 3/4 cup beets, cubed
- 1 onion, cut into wedges
- 3 carrots, chopped
- 1-1/2 tsp. olive oil
- 1/4 tsp. thyme
- 1/4 tsp. oregano
- 1/4 tsp. rosemary

Directions:

1. In a large bowl, combine all ingredients; toss to coat. Transfer to a baking pan coated with cooking spray.
2. Bake, uncovered, at 425 degrees for 25-30 minutes or until vegetables are tender, stirring occasionally.

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.



Nutrition Facts

4 servings per container
Serving size 3/4 cup (330g)

Amount per serving
Calories **210**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 44g 16%

Dietary Fiber 8g 29%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2mg 10%

Potassium 1154mg 25%

*The % Daily Value 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.

 **SNAP-Ed
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