



Herb Roasted Vegetables

Makes 6 servings

Ingredients:

- 3 Potatoes peeled and sliced into wedges
- 1 large sweet potato, peeled and sliced into wedges or thick slices
- 1 large onion, peeled and cut into wedges
- 4 carrots, peeled and cut into thick sticks
- 2 tablespoons oil (canola or olive oil)
- 1 teaspoon dried rosemary
- salt and pepper to taste

Directions: Remember to wash your hands.

1. Preheat oven to 375 degrees F.
2. Place all cleaned and cut vegetables in a large baking dish. Drizzle with oil and mix well to coat. Season with salt, pepper and rosemary.
3. Bake, uncovered, for about 45 minutes, until vegetables are tender and potatoes are crispy.

Nutrition Facts	
Serving Size about 1 cup (206g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	19%
Sugars 5g	
Protein 3g	
Vitamin A 220%	Vitamin C 45%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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