



Roasted Winter Vegetables

Makes 10 servings, ½ cup each

Ingredients:

- | | | | |
|----|---|-----|----------------------------|
| 3 | medium onions, cut into large chunks and separated into slices. | | |
| 3 | cups red-skinned potatoes, cut into 1-inch pieces | | |
| 1½ | cups baby carrots, cut in half crosswise if the carrots are large | | |
| 1 | medium turnip, peeled and diced | | |
| 2 | tablespoons water | | |
| | Nonstick cooking spray | 1 | teaspoon Italian seasoning |
| 1½ | tablespoons olive oil | ½ | teaspoon salt |
| 1 | garlic clove, minced | 1/8 | teaspoon pepper |

Directions: Remember to wash your hands.

1. Preheat oven to 450 degrees. Combine the onions, potatoes, carrots and turnip in a medium bowl. Add the water.
2. Cover with wax paper and microwave on high for 6 to 8 minutes, stopping and stirring once, or until the vegetables are partially cooked. Drain vegetables in a colander.
3. Transfer the vegetables to a large baking pan or rimmed baking sheet coated with cooking spray. Drizzle with oil. Sprinkle with garlic, Italian seasoning, salt (if desired) and pepper. Mix well.
4. Bake for 30 - 40 minutes, stirring occasionally, or until the vegetables begin to brown and are tender. Serve immediately.

Nutrition Facts per serving: Calories - 84; Fat - 2 g; Sodium - 25 mg; Carbohydrate - 15 g.

Source: American Diabetes Association

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

