



Roasted Root Veggie Power Hour



1/4th of recipe (about 1 cup): 128 calories, 3.5g total fat (0.5g sat. fat), 144mg sodium, 23.5g carbs, 6g fiber, 8.5g sugars, 2g protein

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Prep: 20 minutes **Cook:** 35 minutes



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Ingredients

2 cups peeled butternut squash cut into 1-inch chunks (about 1/2 of a medium squash)
1 cup peeled carrot cut into 1-inch chunks (about 2 medium carrots)
1 cup peeled parsnip cut into 1-inch chunks (about 1 medium parsnip)
1 cup peeled beets cut into 1-inch chunks (1 - 2 beets)
1 tbsp. extra-virgin olive oil
1/8 tsp. each salt and black pepper

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place veggies in a large bowl. Drizzle with oil, and sprinkle with salt and pepper. Gently toss to coat.

Evenly distribute mixture on the baking sheet. Bake for 15 minutes.

Flip veggies. Bake until softened and browned, 18 - 20 minutes.

MAKES 4 SERVINGS

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