



## Healthy Recipe



### ROASTED ROOT VEGETABLES

- |         |  |          |  |
|---------|--|----------|--|
| 2       | <b>RI-grown</b> parsnips, peeled & cut into thick rounds | 1 head   | <b>RI-grown</b> garlic, broken into cloves, peels intact |
| 2       | <b>RI-grown</b> carrots, peeled & cut into thick rounds  |          |  |
| 2 large | <b>RI-grown</b> red potatoes, peeled and cubed           | 3        | rosemary sprigs  |
| 1 large | <b>RI-grown</b> red or yellow onion, cut into wedges     | 2 tbsp   | olive oil  |
| 1       | <b>RI-grown</b> sweet potato, peeled and cubed           | 2 tbsp   | <b>RI</b> maple syrup or honey                           |
| 1       | <b>RI-grown</b> turnip, peeled and cubed                 | to taste | salt   |
| 1       | <b>RI-grown</b> red or golden beet, peeled and cubed     | to taste | freshly ground pepper                                    |

1. Preheat oven to 425° while prepping vegetables.
2. Toss all vegetables together with olive oil, syrup or honey, salt and pepper. Spread in a thin layer on a sheet pan or in a roasting pan. Tuck rosemary sprigs under vegetables.
3. Roast for 45 minutes, or until tender. Turn occasionally to ensure even cooking.
4. When veggies are done, remove rosemary sprigs and garlic cloves. Squeeze roasted garlic from skins and stir back into vegetable mixture.

**Note:** This recipe allows for omissions and substitutions based on your preferences. Use all, just a few or only one of the vegetables suggested.

## Nutritional Information

**Per serving (8 servings in recipe):**

Calories:	110	Vitamin A:	60%
Cal from Fat:	35	Vitamin C:	35%
Total Fat:	3.5 g	Calcium:	4%
Saturated Fat:	0 g	Iron:	6%
Cholesterol:	0 mg		
Sodium:	310 mg		
Carbohydrates:	20 g		
Fiber:	4 g		
Sugar:	5 g	Percent Daily Values are based on a	
Protein:	2 g	2000 calorie-per-day diet	

**GET FRESH.  
BUY LOCAL.**

Your purchase of  
RI grown and raised foods

**SUPPORTS**

the local economy,

**HELPS**

to preserve open space

and **CONTRIBUTES**

to a  
sustainable food system.

Please visit us at  
[www.kidsfirstri.org](http://www.kidsfirstri.org) and [www.realfoodfirst.org](http://www.realfoodfirst.org)