



# Roasted Vegetables

Makes 4 servings

## Ingredients

- 1 summer squash (such as zucchini or yellow)
- 3 medium red potatoes
- 2 large carrots
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

## Directions

1. Preheat oven to 375 F.
2. Cut vegetables into bite-size pieces.
3. Place all ingredients in a large bowl. Toss until well-combined.
4. Pour onto a large baking sheet. Bake for 30 minutes, until vegetables are tender.
5. Serve warm.



## TIP

Line the baking sheet with parchment paper to make cleanup a breeze!

♥ = heart smart

⚡ = low sodium

GF = gluten free

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## Nutrition Facts

Serving Size 1 cup (369g)

Servings Per Container 4

Amount Per Serving

**Calories 280**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 50g**      **17%**

Dietary Fiber 7g      **28%**

Sugars 6g

**Protein 6g**

Vitamin A 120%      •      Vitamin C 60%

Calcium 6%      •      Iron 15%

\*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

Carb choices per serving: 3