



EATING SMART
BEING ACTIVE

Roasted Vegetables

Makes: 8 servings (1 cup per serving)

Preparation Time: 10 minutes

Cooking Time: 15 to 30 minutes

Ingredients

Vegetables of your choice (see chart below)

Vegetable oil (1 teaspoon per 2 cups of vegetables)

Salt and black pepper

Directions

1. Preheat oven to 425°F.
2. Wash all vegetables.
3. Collect all ingredients before starting to prepare the recipe.
4. Cut and separate the vegetables of your choice by roasting time into different bowls (see chart below).
5. Add vegetable oil, salt, and pepper to the vegetables in both bowls. Toss to coat all vegetables evenly.
6. Arrange vegetables from each bowl in a single layer on 2 different baking sheets, separating by roasting time (see chart below).
7. Roast in the oven until softened and slightly brown according to roasting time (see chart below).
8. Remove from oven, and allow to cool slightly before serving.
9. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Nutrition Facts	
8 servings per container	
Serving size	1 Cup (108g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 374mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

yellow squash, zucchini, asparagus,
Brussel sprouts, carrots, potatoes

Vegetables	Roasting time
Yellow Squash, cut into 1 inch pieces Zucchini, cut into 1 inch pieces Asparagus, ends trimmed	15 minutes
Brussel sprouts, ends trimmed and cut in half Carrots, peeled, ends trimmed, and cut into 1 inch pieces Potatoes, cut into 1 inch pieces	30 minutes



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