Roasted Root Vegetables

Ingredients:

- Non stick cooking spray
- 1 onion
- 1 potato
- 1 turnips
- 1 sweet potato
- 1 rutabagas
- 2 carrots
- 1 tablespoon vegetable oil
- 1 teaspoon rosemary
- 1 teaspoon garlic powder
- 1 teaspoon sage
- 3 tablespoons Parmesan cheese

Equipment:

- Cutting board
- Knife
- Plastic bag for food storage
- Measuring cups
- Measuring spoons
- Baking sheet

Directions

1. Preheat oven to 350ºF. Spray a baking sheet with non stick spray.

2. Wash all vegetables and leave skins on. Cut vegetables into bite size chunks about the same size. As vegetables are prepared, add to a food storage plastic bag.

3. Add oil and seasonings to plastic bag.

4. Close plastic bag and shake well to distribute seasonings.

5. Spread contents of bag in an even layer on baking sheet.

6. Bake at 350ºF for 1 hour or until tender. Sprinkle with Parmesan cheese before serving.

Nutrition Facts

Serving Size: 1 cup
Servings: 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calorie % Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>106</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>27</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>7 mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
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*Percent Daily Values are based on a 2,000 calorie diet.