



## Roasted Winter Vegetables

Serving Size: 1/2/cup

### Ingredients:

Vegetable oil cooking spray

1 small butternut squash, peeled, and cut into 1-inch cubes

1 large onion, cut into 1-inch wedges

½ pound carrots, peeled, cut into 2-inch long pieces  
(about 4 medium carrots)

1 sweet potato, peeled or unpeeled, cut into 1-inch cubes

1 potato, unpeeled, cut into 1-inch cubes

10 cloves garlic, peeled and chopped

1 teaspoon dried sage, crumbled

1 teaspoon dried rosemary, crumbled

1 teaspoon dried oregano, crumbled

¼ cup olive or vegetable oil

Juice from ½ fresh lemon or 1 tablespoon bottled lemon juice (optional)

Salt and pepper, to taste



### Directions:

1. Preheat oven to 425°F.
2. Place very large metal roasting pan or cookie sheet in oven and heat for 15 minutes (or 2 large metal roasting pans – vegetables should be in a single layer).
3. Wash vegetables, especially those you intend to use with peels on. Cut into pieces.
4. Place vegetables in a very large bowl, mix with oil, lemon juice and herbs.
5. Remove pan(s) from oven.
6. Spray pan(s) generously with vegetable oil cooking spray.
7. Add vegetables in a single layer to pans.
8. Roast in oven until tender, stirring occasionally, about 45 minutes.
9. Let roasted vegetables sit out of the oven for 10 minutes before serving.
10. Season with black pepper and salt to taste





Nutrition Facts per serving: Calories: 120; Fat: 6 g; Fiber: 3 g

Source: UMass Extension Nutrition Education Program

