

# ROASTED ROOT VEGETABLES



Root vegetables are inexpensive, store well, and add a depth of flavor to meals when they are roasted until golden brown. Many root vegetables are good sources of nutrients like potassium and magnesium that help keep blood pressure in check.

**Enjoy this easy recipe as a side or base of your next meal.**

## INGREDIENTS

Serves 4 (1 cup each)

- 1 tablespoon canola oil or olive oil
- 1/8 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 4 cups raw root vegetables of your choice, scrubbed well and diced\* 🥕

## DIRECTIONS

🥕 Items are DUO-eligible for those who qualify.

1. Preheat oven to 400°F.
2. Line a sheet pan with foil and set aside.
3. In a large bowl, combine oil, salt, pepper, and diced vegetables. Stir everything together to coat well.
4. Transfer vegetables to lined sheet pan and roast until golden brown, about 30-40 minutes. Stir once or twice during roasting.

\* Root vegetables could include: parsnips, carrots, turnips, beets, rutabagas, radishes, sweet potatoes, other potatoes, leeks, and onions.



**TIPS:** For extra flavor, try adding grated lemon or lime zest just before serving or add different types of vinegars, chili flakes, chili powder, curry powder, or other fresh or dried herbs or spices in step 3. Apples or winter squash can also be roasted with root vegetables for a sweeter flavor.

**Nutrients per serving:** 106 calories, 4 g total fat (0 g saturated), 18 g total carbohydrates (5 g dietary fiber), 2 g protein, 89 mg sodium, 462 mg potassium, 54 mg calcium, 33 mg magnesium





**DOUBLE UP™**  
**OKLAHOMA**  
A PROGRAM OF HUNGER FREE OK

The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit [www.doubleupoklahoma.org](http://www.doubleupoklahoma.org) to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

## Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



**Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs**



**Explore More Family-Friendly Recipe Ideas**



This organization is an equal opportunity provider. This work is supported by the Gus Schumacher Nutrition Incentive Grant Program from the USDA National Institute of Food and Agriculture.

