SHOPPING LIST

Roasted Root Vegetables

- [ ] Nonstick Cooking Spray
- [ ] Baby Red Potatoes
- [ ] Carrots
- [ ] Parsnips
- [ ] Red Onions
- [ ] Rutabaga
- [ ] Olive Oil
- [ ] Fresh Thyme
- [ ] Kosher Salt
- [ ] Black Pepper

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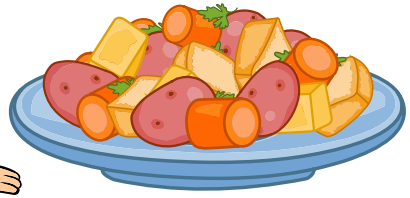
Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Roasted Root Vegetables



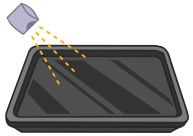
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	6
YES	Over an hour	Medium	

YOU WILL NEED

- Nonstick cooking spray
- **6** baby red or yellow potatoes, halved
- **8** medium carrots, peeled and cut into 1-inch pieces
- **4** medium parsnips, peeled and cut into 1-inch pieces (about 1/2 pound)
- **2** medium red onions, cut into 8 wedges
- **1** medium rutabaga, peeled and cut into 1-inch pieces
- **3 tablespoons** olive oil
- **2 teaspoons** fresh thyme leaves
- **1 teaspoon** kosher salt
- **½ teaspoon** black pepper

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: With the oven racks in the upper- and lower-middle positions, preheat the oven to 400 degrees. Spray two rimmed baking sheets with nonstick cooking spray. Toss all the ingredients together in a large bowl.

STEP 2: Divide the vegetables evenly among the two baking sheets. Roast, stirring occasionally, until golden brown, about 1 hour, rotating the positions of the baking sheets halfway through cooking. Serve.

Nutrition Facts

Serving Size 1 serving (323g)
Servings Per Container 6

Amount Per Serving
Calories 210 Calories from Fat 70

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 34g	11%
Dietary Fiber 9g	36%
Sugars 14g	
Protein 4g	

Vitamin A 250% • Vitamin C 80%
Calcium 10% • Iron 8%

*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