

PAN ROASTED VEGETABLES



INGREDIENTS

- 3 tbsp olive oil
- 3 tbsp balsamic vinegar
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 3 cups sweet potatoes diced
- 1 bag brussels sprouts cut in halves
- 1/2 large red onion (cut in wedges)
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F & line a baking sheet with foil
2. In a large bowl whisk together the olive oil, balsamic vinegar, garlic, thyme, rosemary, and salt and pepper. Set aside.
3. Add the brussels sprouts, sweet potatoes and onion into the same bowl and mix thoroughly
4. Dump veggies on baking sheet and spread them evenly
5. Roast for 35-45 minutes, flipping the veggies halfway. Veggies should be golden and tender before removing from heat.

NUTRITION FACTS

Serving Size: 1

Number of Servings: 10

Calories	111
Total fat	4.4 g
Saturated fat	0.6 g
Cholesterol	0 mg
Sodium	27.9 mg
Total carbohydrates	15.9 g
Dietary fiber	2.8 g
Sugar	5.9 g
Protein	2 g
Calcium	4.4%
Iron	7.3%
Potassium	381.6 mg
Vitamin A	236.5%
Vitamin C	56.5%

