

Roasted Vegetables

Sodium Per Serving – 37mg
Serves 8



3 large carrots, sliced in 1 1/2-inch chunks*

**2 cups Brussels sprouts (about 1/2 pound),
halved lengthwise**

8 small red potatoes, quartered

**1 medium yam or sweet potato, cut into 1 1/2-
inch cubes**

2–3 tbsp olive oil

2 tsp dried basil

2 tsp dried rosemary,

crumbled 1 tsp dried oregano

1 tsp dried thyme

1/2 tsp garlic powder

1/2 tsp ground black pepper

1. Preheat oven to 350°F (180°C).
2. Mix all the ingredients together until well coated (either mix in a large bowl or on the baking sheet); place on a rimmed baking sheet. Roast in a preheated oven until vegetables are tender and golden brown, about 40 minutes.

NUTRITIONAL INFO PER SERVING: Calories 202, Fat 4g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 38g (Fiber 5g, Sugar 3g), Sodium 37mg

***Recipe Notes**

1. Instead of carrots, use parsnips, which are similar in taste, but have less sodium (1 carrot has 42mg, 1 parsnip 7mg).