

roasted fall veggies

- 1. Wash and peel vegetables of your choice. Cut into equal size pieces.
- 2. Toss 6 cups of veggies with 2 tablespoons olive oil or vegetable oil. Sprinkle with salt and black pepper.
- 3. Spread veggies on a large metal baking sheet in a single layer.
- **4.** Roast in a 450° oven for 30 to 40 minutes. Stir a couple times while roasting.

Serve roasted veggies with a pork chop, hamburger patty or baked chicken.





© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.



roasted fall veggies

- 1. Wash and peel vegetables of your choice. Cut into equal size pieces.
- 2. Toss 6 cups of veggies with 2 tablespoons olive oil or vegetable oil. Sprinkle with salt and black pepper.
- 3. Spread veggies on a large metal baking sheet in a single layer.
- **4.** Roast in a 450° oven for 30 to 40 minutes. Stir a couple times while roasting.

Serve roasted veggies with a pork chop, hamburger patty or baked chicken.





© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.