

One-Pan Roasted Root Vegetables

Makes: 8 servings

Ingredients:

- 1 pound carrots, halved lengthwise if large and crosswise if long
- 1 & 1/2 pounds small red potatoes, halved if large
- 2 tablespoons extra-virgin olive oil
- Coarse salt and ground pepper
- 1 tablespoon fresh lemon juice
- 2 teaspoons finely chopped fresh dill



Photo Credit: www.myrecipes.com

Method:

1. Preheat oven to 400 degrees.
2. Wash carrots and potatoes.
3. Cut carrots and potatoes into halves.
4. On a baking sheet, toss carrots and potatoes with oil.
5. Season with salt and pepper.
6. Arrange in a single layer and cook until vegetables are browned in spots and tender when pierced with a knife, 40 minutes, tossing halfway through.
7. Toss with lemon juice and dill. Serve warm or at room temperature.
8. Enjoy!

Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 36mg **2%**

Iron 1mg **6%**

Potassium 540mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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