

## ROASTED VEGETABLES

Sodium Per Serving – 30mg

Serves 8

Roasting brings out the sweetness of vegetables, giving them a wonderful rich flavor. Cut vegetables into uniform sizes so they will all be done at the same time.

<b>3 large carrots, sliced in 1½-inch chunks<sup>1</sup></b>	<b>2 teaspoons dried basil</b>
<b>2 cups Brussels sprouts (about ½ pound), halved lengthwise</b>	<b>2 teaspoons dried rosemary, crumbled</b>
<b>8 small red potatoes, quartered</b>	<b>1 teaspoon dried oregano</b>
<b>1 medium yam or sweet potato, cut into 1½-inch cubes</b>	<b>1 teaspoon dried thyme</b>
<b>2–3 tablespoons olive oil<sup>2</sup></b>	<b>½ teaspoon garlic powder</b>
	<b>½ teaspoon ground black pepper</b>

- ▶ Preheat oven to 350°F (180°C).
- ▶ 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 158, Fat 4g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 29g (Fiber 5g, Sugar 3g), Sodium 30mg*

### COMMENTS:

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

**2** Use just enough oil to thoroughly coat all the vegetables.

### TOTAL SODIUM AND FAT PER INGREDIENT

#### Sodium:

3 carrots - 126mg  
2 c Brussels sprouts - 44mg  
8 sm red potatoes - 41mg  
1 yam - 27mg

#### Fat (Sat Fat):

2 T olive oil - 28mg (4mg)  
2 c Brussels sprouts - 1mg (0mg)  
8 sm red potatoes - 1mg (0mg)  
1 yam - 1mg (0mg)