

Roasted Vegetables

Sodium Per Serving – 30mg

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 158, Fat 4g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 29g (Fiber 5g, Sugar 3g), Sodium 30mg

*Recipe Notes

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.