Roasted Spring Vegetable Medley

Ingredients
1 medium red onion, peeled and chopped
3 carrots, peeled and chopped
1 bunch asparagus, trimmed and cut in thirds
2-3 medium potatoes, quartered (red, white, or sweet potatoes)
1 tablespoon olive oil
2 teaspoons garlic powder
2 teaspoons Italian seasoning blend
Pinch of salt and pepper
1 tablespoon Parmesan cheese

Directions
1. Preheat the oven to 425° F and spray a baking sheet with cooking spray.
2. Spread chopped vegetables on the baking sheet and drizzle with oil. Toss lightly to combine.
3. Sprinkle garlic powder, Italian seasoning, and salt and pepper evenly over the veggies. Toss lightly to combine.
4. Bake for 30 minutes, stirring occasionally, until vegetables are browned.
5. Let cool, top with Parmesan cheese, and serve.

Serves: 6-8  •  Serving Size: 1 cup  •  Prep Time: 15 minutes  •  Cook Time: 30 minutes
Chef Tips

1. Substitute veggies for a Winter vegetable mix:
   2 carrots, 1 large sweet potato, 1 butternut squash, and 4 beets
2. Use curry powder in place of Italian seasoning
3. Substitute with your preference of vegetables

Supplies

• Knife
• Cutting board
• Peeler
• Baking sheet
• Measuring spoons

Nutrition Facts Per Serving: 100 Calories, 3 g Fat, 17 g Carbohydrate, 3 g Protein, 39 mg Sodium

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