



# Roasted Spring Vegetable Medley



1-800-WIC-1007

## Ingredients

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



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