

# Recipe for

# ROASTED ORANGE VEG MEDLEY

EQUIPMENT NEEDED baking pan, oven, serving bowl / plate, cutting board, knife,  
Mixing bowl , Parchment paper (optional)

SERVES 4-6 ESTIMATED COST \$8.40 COST PER SERVING \$2.10

## INGREDIENTS

- 1 medium butternut squash, skinned, deseeded, and cubed
- 2 medium sweet potatoes, cubed
- 3 medium carrots, sliced thick
- 1 tsp salt
- 2 tsp black pepper
- 1 tsp onion powder
- 2 tsp thyme, dry
- 1/3 cup cooking oil (e.g EVOO, walnut, avocado)

## METHOD OF PREPARATION

1. In a large bowl, add carrots, cubed butternut squash, and cubed sweet potatoes.
2. Add salt, black pepper, onion powder, thyme, and cooking oil. Toss to coat evenly.
3. Place on baking sheet.
4. Roast vegetables in the oven for 25-35 min or until tender and slightly browned. (Check after 10-15 min, and stir the veggies for an even roast.)
5. Remove from heat and season with honey or black sesame seeds. Serve in a bowl or next to your entree.  
Enjoy!

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## NUTRITION INFORMATION

| Roasted Orange Medley     |                |      |
|---------------------------|----------------|------|
| Nutrition Facts           |                |      |
| Serving Size              | 1 Serving      |      |
| Amount Per Serving        |                |      |
| <b>Calories</b>           | <b>280.9</b>   |      |
|                           | % Daily Value* |      |
| <b>Total Fat</b>          | 18.3 g         | 23 % |
| Saturated Fat             | 2.6 g          | 13 % |
| Trans Fat                 | 0 g            |      |
| <b>Cholesterol</b>        | 0 mg           | 0 %  |
| <b>Sodium</b>             | 1728.7 mg      | 75 % |
| <b>Total Carbohydrate</b> | 29.7 g         | 11 % |
| Dietary Fiber             | 7.1 g          | 25 % |
| Total Sugars              | 7 g            |      |
| Added Sugars              | 0 g            | 0 %  |
| <b>Protein</b>            | 2.6 g          |      |
| Vitamin D                 | 0 mcg          | 0 %  |
| Calcium                   | 99.8 mg        | 8 %  |
| Iron                      | 2.1 mg         | 12 % |
| Potassium                 | 693.9 mg       | 15 % |

\* 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.

## HEALTH BENEFITS

**Carrots** not only carries provitamins for **Vitamin A** (eye health promoting vitamin), but also has promoting and prevention plant chemical that lowers risks and rates of breast and prostate cancer(s)

## HEALTH BENEFITS

**Sweet potatoes** are packed with nutrients like **Vitamin C, Calcium, Magnesium, and Phosphorus**. These nutrients are vital in ensuring strong bones and teeth, optimal blood pressure, helps the nervous system, and helps with natural blood clotting.



Recipe Provided by LA Dixon