

Ingredients

2 large red potatoes cut into 1" pieces	1/8 tsp dried thyme
1/4 lb carrots, oblique cut	1 Tbsp olive oil
1/2 lb rutabaga, cut into 1" pieces	1/2 tsp salt
1 red onion cut into wedges	1/4 tsp black pepper
2 parsnips, peeled and oblique cut	1/2 cup unsalted vegetable broth
3 cloves garlic, minced	
1 1/2 tsp fresh rosemary, chopped	

Instructions

Heat oven to 425°F. In a large bowl, mix together chopped potatoes, carrots, rutabaga, onions, parsnips, garlic, rosemary, thyme, olive oil, salt and pepper. Roast the vegetables for 30 minutes. Pour vegetable stock over root vegetables and stir. Roast for another 20-30 minutes or until the vegetables are fork tender.

Nutrition Information Per Serving

Serving Size: 1/2 cup

Serves 6

Calories: 163

Fat: 3 gm

Sodium: 260 mg

Fiber: 7 gm

Carbohydrates: 33 gm

Protein: 4 gm