

Colorful Winter Plate

Servings: 4

RECIPE BOX

INGREDIENTS

1 1/2 POUNDS TRI COLOR POTATOES, QUARTERED
1 POUND BRUSSELS SPROUTS, CUT IN HALF
1 LARGE RED BELL PEPPER, CHOPPED
1 MEDIUM RED ONION, CHOPPED
2 MEDIUM ZUCCHINI, SLICED
2 MEDIUM CARROTS, SLICED
1/3 CUP non GMO CANOLA OIL
1/4 CUP CHOPPED FRESH ROSEMARY
2 TSP SALT
1 TSP GARLIC POWDER



DIRECTIONS

STEP 1: Preheat oven to 400F.

STEP 2: Place veggies in a large roasting dish, drizzle with oil. Top with rosemary, salt, and garlic powder. Stir to coat.

STEP 3: Bake for 40 minutes or until the vegetables are lightly browned and tender.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 439, Total Fat 19g, Carbs 60g, Protein 10.5g, Fiber 12g, Sugars 11g.

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