

AUTUMN ROASTED VEGETABLES

Yield: 4 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 lb. baby carrots
- 1 (about 10 oz.) delicata squash, split, seeded, diced into 1-inch cubes
- ½ lb. Brussels sprouts, trimmed and halved
- 2 Tbsp. Wegmans Basting Oil
- Salt and pepper to taste

PREPARATION

Preheat oven to 450 degrees.

1. Toss carrots, squash, and Brussels sprouts with basting oil and salt and pepper to taste. Spread on large baking sheet in one layer.
2. Roast on center rack of oven 20–25 min. or until nicely browned and knife-tender.

NUTRITION

Per serving: Calories: 150; Fat: 7 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 21 g; Fiber 5 g; Protein: 3 g; Sodium: 55 mg.

Recipe courtesy of Wegmans