

Saint Paul Public Schools'

Roasted Beets & Sweet Potatoes

Test out this delicious and versatile root vegetable combo. The scrumptious fall colors of this dish compliment the changing leaves, cool crisp air, and the aroma of apple cider of the autumn season.

YIELD

Four 1/2-cup servings



INGREDIENTS

- 1 pound sweet potatoes
- 1 pound beets (can use red or golden)
- 2 teaspoons olive oil
- Salt & pepper to taste (optional)

DIRECTIONS

- Preheat oven to 375°F
- Peel and dice the sweet potatoes and beets into 1-inch chunks
- Drizzle olive oil over vegetables and mix until coated; add salt & pepper if desired
- Place vegetables in a single layer on a cookie sheet and bake for 25-35 minutes or until they feel tender when poked with a fork

NUTRITIONAL INFORMATION PER 1/2 CUP SERVING

CALORIES 92

TOTAL FAT 2 g

CARBS 18 g

SODIUM 79 mg

CHOLESTEROL 0 mg

FIBER 3 g



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Eating healthy never tasted so good.