

METABOLIC NUTRITION PROGRAM

Roasted Winter Vegetables

Adapted from Barefoot Contessa Family Style

- Servings Per Recipe: 8
- Serving Size: 1 cup
- Per Serving: 180 Calories, 2.6 gm Protein, 6 gm Fat
32gm Carbohydrate
- 1 pound carrots, peeled
- 1 pound parsnips, peeled
- 1 large sweet potato, peeled
- 1 small butternut squash, peeled and seeded (about 2 pounds)
- 3 tablespoons olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons chopped flat-leaf parsley

Directions

1. Preheat the oven to 425 degrees F.
2. Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small.
3. Place all the cut vegetables in a single layer on 2 baking sheets. Drizzle with olive oil, salt, and pepper. Toss well. Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.
4. Sprinkle with parsley, season to taste, and serve hot.

Nutrition Facts	
Serving Size 1 cup (250g)	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 3g	
Vitamin A 480%	• Vitamin C 60%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	