

METABOLIC NUTRITION PROGRAM

Thanksgiving Roasted Root Veggies – 6 Servings

Adapted from Dr. Andrew Weil at <http://well.blogs.nytimes.com>

Per Serving: 130 Calories, 2.5 gm Protein, 5 gm Fat, 21 gm Carbohydrates

- 1 head garlic, separated into cloves and peeled
- ½ lb turnips, stems removed (three, 3" turnips)
- ½ lb carrots (4 medium carrots), stems removed
- ½ lb yams (1 ½ yams)
- ½ lb beets, stems removed (three, 2.5" beets)

- 1 medium onion, peeled, in 1/4-inch wedges
- 2 Tbsp olive oil
- 1 ½ Tbsp smoked Spanish paprika or mild red chile powder
- Salt and pepper

Directions

1. Heat oven to 400°F.
2. Peel and cut the turnips, carrots, yams and beets into 1 inch pieces.
3. Put vegetables (except garlic) in a bowl. Toss with oil and sprinkle with salt, pepper, and paprika or chile.
4. Spread veggies in a roasting pan. (Do not crowd the pieces; use 2 pans if necessary.) Roast, stirring every 15 minutes until tender and evenly browned, 45-50 minutes.
5. Add garlic cloves during last 20 minutes. Taste and adjust seasonings.
6. Recipe makes six equal portions.

Nutrition Facts

Serving Size (186g)

Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 21g **7%**

Dietary Fiber 5g **20%**

Sugars 9g

Protein 2g

Vitamin A 260% • Vitamin C 35%

Calcium 6% • Iron 6%

*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