

Sheet Pan Roasted Vegetables

Active Time

15 Mins

Total Time

50 Mins

Yield

Serves 10 (serving size: about 2/3 cup)

By **PAIGE GRANDJEAN** November 2016

A mix of colorful root vegetables may be your star side. Peeled, prechopped butternut squash saves time, but pieces tend to be irregular and small—we prefer peeling and cubing it yourself.

Ingredients

3 tablespoons olive oil

2 tablespoons whole-grain mustard

1 tablespoon chopped fresh thyme

1 tablespoon apple cider vinegar, divided

3/4 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1 pound peeled cubed butternut squash (about 3 cups)

How to Make It

Step 1

Preheat oven to 450°F.

Step 2

Combine oil, mustard, thyme, 2 teaspoons vinegar, salt, and pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes in a large bowl. Add mustard mixture to squash mixture; toss to coat.

Step 3

Spread vegetable mixture in a single layer on a foil-lined baking sheet coated with cooking spray. Bake at 450°F for 35 minutes or until browned and tender, stirring gently with a spatula after 25 minutes. Remove pan from oven. Drizzle with remaining 1 teaspoon vinegar; toss.

1 pound parsnips, peeled and cut into 1-in. pieces (about 2 1/4 cups)

1 pound Brussels sprouts, trimmed and halved

8 ounces small Yukon Gold potatoes, halved

Cooking spray

Nutritional Information

- Calories 132,
- Fat 4.8g,
- Safat 0.7g,
- Monofat 3.1g,
- Polyfat 0.7g,
- Protein 3g,
- Carbohydrate 22g,
- Fiber 6g,
- Cholesterol 0.0mg,
- Iron 1mg,
- Sodium 221mg,
- Calcium 59mg,
- Sugars 5g,
- Est. added sugars 0g.

Step 4

Variation: Lemon-Herb Sheet Pan Roasted Vegetables

Step 5

Combine 3 tablespoons olive oil, 1 teaspoon kosher salt, and 1/2 teaspoon black pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes from above recipe in a large bowl. Add oil mixture, 10 peeled garlic cloves, and 1/2 thinly sliced lemon to vegetables; toss to coat. Bake as directed in step 3 of above recipe. Remove pan from oven; sprinkle vegetables with 1 cup fresh flat-leaf parsley leaves, 1/3 cup chopped fresh chives, 1/4 cup chopped fresh dill, 1/2 teaspoon lemon zest strips, and 1 tablespoon fresh lemon juice; toss.

Step 6

SERVES 10 (serving size: about 2/3 cup)

Step 7

CALORIES 133; FAT 4.6g (sat 0.7g, mono 3.1g, poly 0.7g); PROTEIN 3g; CARB 23g; FIBER 6g; SUGARS 5g (est. added sugars 0g); CHOL 0mg; IRON 2mg; SODIUM 214mg; CALC 74mg

Step 8

Variation: Orange-Tarragon Sheet Pan Roasted Vegetables

Step 9

Combine 3 tablespoons olive oil, 1 tablespoon maple syrup, 1 tablespoon fresh orange juice, 2 teaspoons chopped fresh tarragon, 1 teaspoon kosher salt, and 1/2 teaspoon black pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes from above recipe in a large bowl. Add orange juice mixture to vegetables; toss to coat. Bake as directed in step 3 of above recipe. Remove pan from oven; sprinkle vegetables with 1 teaspoon orange zest strips, 1 tablespoon fresh orange juice, and 1 teaspoon chopped fresh tarragon; toss.

Step 10

SERVES 10 (serving size: about 2/3 cup)

Step 11

CALORIES 133; FAT 4.5g (sat 0.7g, mono 3.1g, poly 0.7g); PROTEIN 3g; CARB 23g; FIBER 6g; SUGARS 6g (est. added sugars 1g); CHOL 0mg; IRON 1mg; SODIUM 210mg; CALC 62mg



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