

# Roasted Vegetables with Smashed Garlic

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-vegetables-recipe-for-christmas>

## Ingredients:

- 8 cups vegetables including any of the following parsnips, sweet potatoes, brussels sprouts, onions, carrots, turnips, bell peppers, b...
- 3 tablespoons olive oil divided
- 1 tablespoon parsley or rosemary
- salt
- pepper
- 10 cloves garlic peeled
- 1/2 cup Sabra Hummus classic flavor
- 1 teaspoon parsley
- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- 1 teaspoon honey
- 1 tablespoon water
- 2 teaspoons white wine vinegar

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 32 grams
3. Fat: 11 grams
4. Fiber: 9 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 230 milligrams
8. Sugar: 1 grams

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