

# Oven-Roasted Root Vegetables

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-baby-carrots-recipe-indian>

## Ingredients:

- vegetable cooking spray
- 3 red potatoes medium, cut into 1-inch pieces
- 2 cups baby carrots fresh OR frozen whole
- 1 pound celery root celeriac, peeled and cut into 1-inch pieces
- 3 pounds rutabaga peeled and cut into 1-inch pieces
- 2 red onions medium, cut into wedges
- 2 parsnips medium, peeled and cut into 1-inch pieces
- 5 cloves garlic cut into thin slices
- 1 tablespoon fresh rosemary
- 1 leaf fresh thyme leaves
- 1 tablespoon olive oil
- 1 cup Swanson Vegetable Broth or Chicken Broth, regular or Certified Organic

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 40 grams
3. Fat: 1.5 grams
4. Fiber: 11 grams
5. Protein: 5 grams
6. Sodium: 125 milligrams
7. Sugar: 16 grams

---

Thank you for visiting our website. Hope you enjoy Oven-Roasted Root Vegetables above. You can see more 17 roasted baby carrots recipe indian You won't believe the taste! to get more great cooking ideas.