



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER

Balsamic Roasted Fall Vegetables

Serves: 8 Serving Size: ½ cup

Ingredients:

- 3 medium carrots
- 1 cup butternut squash
- ½ cup red onions
- 2 medium beets
- 1 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- kosher salt to taste



Steps:

1. Preheat oven to 400°F.
2. In a large bowl combine olive oil and balsamic vinegar.
3. Add the vegetables and toss to fully coat with the liquid. Rub any remaining liquid into the vegetables by hand.
4. Place vegetables on a large baking sheet and sprinkle with salt to taste.
5. Flip the vegetables halfway through cooking. Cook until done but still firm, about 30 minutes.

Nutrition Facts (per serving):

Calories: 40, Protein: 0.6 g, Fat: 1.8 g, Saturated Fat: 0.2 g, Carbohydrates: 11 g,
Sugars: 4.3 g, Sodium: 46 mg