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Toaster Roasted Vegetables

Ready In: 30 minutes

Serves: 2

Roasting root vegetables is a healthy and easy alternative to frying them.

Ingredients

- » 2 tablespoons Olive Oil
- » 1 clove Garlic *minced*
- » 2 cups Root Vegetables (*potatoes, squash, beets, carrots*), *chopped*
- » Salt (*optional*) or Black Pepper or Spices

What you'll need

- » Large Bowl or Resealable Bag » bag
- » toaster oven

Directions

1. Preheat toaster oven to about 450° Fahrenheit.
2. Mix garlic with oil in a large bowl or clean plastic bag.
3. Place vegetables in the bowl or bag. Toss to coat with olive oil.
4. Spread vegetables in a layer on the toaster tray.
5. Place toaster tray in lowest position in toaster and cook vegetables for about 10 minutes.
6. Carefully remove tray from toaster, sprinkle salt or optional spices over vegetables, and flip them.
7. Cook vegetables for 10 minutes more or until tender.



Photo attribution: My Tu Duong

Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 2	
Amount Per Serving	
Calories 205	
	% Daily Value*
Total Fat 14 g	18%
Saturated Fat 2 g	10%
Sodium 337 mg	15%
Total Carbohydrate 19 g	7%
Dietary Fiber 4 g	14%
Protein 4 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	