

Serves 4

Total Time 35 min



Roasted Cauliflower, onions, and sweet potatoes

This veggie-packed dish can serve as a nutritious main dish or as a tasty side to compliment your meal.

Ingredients:

- 3 cups fresh cauliflower florets, cut into 1-in pieces
- 6 oz. sweet potato, peeled and cut into 3/4-in cubes
- 1 medium onion, cut in 8 wedges
- 1 Tbsp. canola oil
- 1 tsp. salt
- 1/4 tsp. ground nutmeg

Directions:

1. Preheat oven to 425°F.
 2. Place cauliflower, potatoes, and onion on large foil-lined baking sheet. Drizzle with the oil and toss gently until well coated. Arrange vegetables in a single layer and bake 10-11 minutes or until potatoes are tender. Remove from oven.
 3. Sprinkle evenly with salt and nutmeg. Wrap the vegetables in the foil and seal the edges. Let stand 10 minutes to absorb flavors and allow the natural juices to be released slightly.
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Nutrition Facts (per serving): • 100 cal • 3.5g fat (sat. fat 0.5g) • 0mg chol • 250mg sodium • 420mg potassium • 15g carb • 3g fiber • 7g sugars • 3g protein • 70mg phosphorus