

Maple Roasted Vegetables

**HENRY
FORD
HEALTH**SM

in partnership with

Kroger
FRESH FOR EVERYONESM

Yield: 8 servings



Ingredients:

- 3 cups halved Brussels sprouts
- 4 large carrots, peeled and sliced into coins
- 1 candy cane beet, peeled and cubed
- 1 golden beet, peeled and cubed
- 2 yellow potatoes, cubed
- 1 medium red onion, cut into chunks
- 12 cloves garlic, peeled
- 3 Tablespoons olive oil
- 1/4 cup plus 1 Tablespoon maple syrup, divided
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons fresh thyme, chopped
- 2 Tablespoons parsley, chopped
- 1/3 cup goat cheese crumbles

Directions:

1. Preheat oven to 400 degrees F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, combine Brussels sprouts, carrots, beets, potatoes, red onions and garlic.
3. In a small bowl, whisk together olive oil and 1/4 cup maple syrup. Pour mixture over vegetables and toss to coat.
4. Spread vegetables evenly across prepared baking sheet. Sprinkle with salt and pepper and roast in oven for 25 minutes. Remove from oven, drizzle with remaining 1 Tablespoon maple syrup and stir vegetables.
5. Return to oven and roast another 25 minutes or until tender. Remove from oven. Sprinkle with thyme, parsley and goat cheese.

Nutritional information per serving:

Calories: 182
Fat: 7 grams
Saturated fat: 2 grams
Cholesterol: 4 mg
Sodium: 157 mg

Carbohydrates:
28 grams
Fiber: 4 grams
Protein: 4 grams
Calcium: 91 mg

Food exchanges:
3 vegetable
1 bread
2 fat

For a demo of this recipe, and for more wellness information, visit HenryFord.com/recipes