

Beets and Sweets

Ingredients

Beets, fresh/diced	1 lb
Sweet potatoes, raw, chunks	1 lb
Onions, raw, chopped	½ lb
Olive oil	2 Tbsp
Garlic, minced	1 clove
Salt, table	½ tsp
Pepper, black	1 tsp
Sugar, granulated	1 tsp

Instructions:

- 1) In large bowl, combine all ingredients. Mix well.
- 2) Spray Jelly Roll pan with cooking spray or line with parchment paper. Spread mixture evenly onto pan.
- 3) Bake in 400 degree oven for 20 minutes. Remove and gently mix. Bake for additional 20 minutes or until vegetables are fork-tender.

Nutritional Information

Servings: 6 - ½ cup servings

Calories: 160

Protein: 3 grams

Carbohydrate: 27

Sodium: 260

Dietary Fiber: 5 g