

SIDE DISH

Roasted Root Vegetables with Goat Cheese

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.18	187 kcal

Roasted Root Vegetables with Goat Cheese is a side dish that serves 8. One serving contains 187 calories, 5g of protein, and 7g of fat. For \$1.18 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. 1 person were impressed by this recipe.

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper
- ☐ ½ teaspoon minced fresh rosemary
- ☐ 4 ounces cup crumbled goat cheese
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 large red onion, peeled and quartered
- ☐ 2 tablespoons white balsamic vinegar
- ☐ 2 large fennel bulbs, trimmed
- ☐ ½ teaspoon minced fresh thyme
- ☐ ¾ teaspoon kosher salt
- ☐ 1 pound parsnips, peeled
- ☐ 1 pound peeled sweet potatoes, cut into 2-inch pieces

EQUIPMENT Frying pan, Oven, Roasting pan

Method

- 1 Preheat oven to 45
- 2 Cut parsnips crosswise into thirds, then lengthwise into quarters.

- 3 Cut fennel bulbs in half vertically.
- 4 Cut each half lengthwise into 1/2-inch-thick slices.
- 5 Place parsnips, fennel, sweet potato, and onion in a large roasting pan; drizzle with oil and vinegar.
- 6 Sprinkle with salt, rosemary, thyme, and pepper; toss well to coat.
- 7 Add 1/4 cup water to pan. Roast for 35 to 40 minutes, or just until vegetables are tender and beginning to brown (stir once halfway through cook time). Top with goat cheese before serving.

Nutrition per serving

187	5 g	7 g	28 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.7 g · 17% of daily needs
Fibre			6.6 g · 26% of daily needs
Sugar			8.7 g · 10% of daily needs
Sodium			339 mg · 15% of daily needs
Cholesterol			6.5 mg · 2% of daily needs
Vitamin C			19.2 mg · 23% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-root-vegetables-with-goat-cheese-148294