

SIDE DISH

Roasted Vegetables

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	15 min	40 min	12	\$0.56	129 kcal



Roasted Vegetables is a side dish that serves 12. One serving contains 129 calories, 2g of protein, and 5g of fat. For 56 cents per serving, this recipe covers 13% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons chopped fresh rosemary
- ☐ ¼ cup olive oil
- ☐ 1 red onion, quartered
- ☐ 1 sweet potato, peeled and cubed
- ☐ 1 small butternut squash, cubed
- ☐ 1 tablespoon chopped fresh thyme
- ☐ 2 red bell peppers, seeded and diced
- ☐ 12 servings salt and freshly ground black pepper
- ☐ 3 Yukon Gold potatoes, cubed

EQUIPMENT Bowl, Oven, Roasting pan

Method

- 1 Preheat oven to 475 degrees F (245 degrees C).
- 2 In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
- 3 In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated.
- 4 Spread evenly on a large roasting pan.
- 5 Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Nutrition per serving

129	2 g	5 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			3.5 g · 14% of daily needs
Sugar			4.1 g · 5% of daily needs
Sodium			17.4 mg · 1% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			49 mg · 59% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/roasted-vegetables-148579](https://www.whatsheate.com/roasted-vegetables-148579)