



## Roasted Root Veggie Power Hour



1/4th of recipe (about 1 cup): 128 calories, 3.5g total fat (0.5g sat fat), 144mg sodium, 23.5g carbs, 6g fiber, 8.5g sugars, 2g protein

Freestyle™ [SmartPoints®](#) value 2\*

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**Prep:** 20 minutes    **Cook:** 35 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Meatless Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### Ingredients

- 2 cups peeled butternut squash cut into 1-inch chunks (about 1/2 of a medium squash)
- 1 cup peeled carrot cut into 1-inch chunks (about 2 medium carrots)
- 1 cup peeled parsnip cut into 1-inch chunks (about 1 medium parsnip)
- 1 cup peeled beets cut into 1-inch chunks (1 - 2 beets)
- 1 tbsp. extra-virgin olive oil
- 1/8 tsp. each salt and black pepper

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place veggies in a large bowl. Drizzle with oil, and sprinkle with salt and pepper. Gently toss to coat.

Evenly distribute mixture on the baking sheets. Bake for 15 minutes.

Flip veggies. Bake until softened and browned, 18 - 20 minutes.

MAKES 4 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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