

Side

# Roasted Sheet Pan Veggies

**10 Mins** Prep Time

25 Mins Cook Time

6 Servings

149 Calories 11g Fat 13g Carbs 1g Protein



# **Ingredients**

Salt and Pepper, to taste

♣ 6 Servings
 ♣ 35 Mins Total Time
 ♦ Allergens: None
 1 Large Sweet Potato, peeled and cubed
 2 Cups Brussels Sprouts, halved
 ½ Lb Carrots, peeled and cut into 2-inch sticks
 1 Whole White Onion, cut into chunks
 4 Tbsp Extra Virgin Olive Oil

# Nourishment Note



#### Vegetables

A diet high in anti-inflammatory foods, such as vegetables, may help reduce pain and symptoms associated with multiple sclerosis.



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Preheat Oven

Preheat oven to 425° and prepare vegetables.

#### 3. Season Vegetables

Add prepared vegetables to the sheet pan, and drizzle with olive oil. Season with salt and pepper and mix to combine.

#### 4. Roast

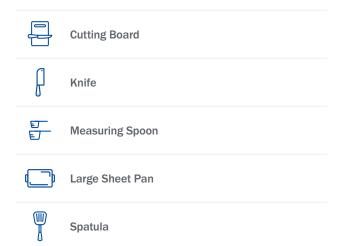
Roast for 20-25 minutes rotating half-way through. Remove when vegetables are lightly browned.

#### 5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

### What You'll Need



#### **Fatigue Buster**

- Brussels Sprouts: Use pre-washed and chopped Brussels sprouts.
- Carrots: Use ½ pound of baby carrots and roast whole.
- Use each vegetable in dishes throughout the week such as eggs, pasta, or sides!
- Other vegetables that roast well: broccoli, cauliflower, white potatoes, turnips, parsnips, beets, and butternut squash. Look for prewashed, chopped, or diced versions to save time.