

Side

# Roasted Sheet Pan Veggies

Side Effect: Constipation

**10 Mins**  
Prep Time

**20-25 Mins**  
Cook Time





**6**  
Servings

 **149 Calories** **11g Fat** **13g Carbs** **1g Protein**



## Ingredients

 **6 Servings**  **30-35 Mins Total Time**  **Allergens: None**

- 1 Large Sweet Potato, peeled, **rinsed**, and cubed 
- 2 Cups Brussels Sprouts, **rinsed** and halved 
- ½ lb Carrots, peeled, **rinsed** and cut into 2-inch sticks 
- 1 Whole White Onion, **rinsed** and cut into chunks 
- 4 Tbsp Extra Virgin Olive Oil, 1 Tbsp used for each vegetable
- Salt and Pepper, to taste

### Nourishment Note



#### **Root Vegetables**

Root vegetables are high in insoluble fiber that can help relieve constipation, a common side effect of anti-cancer drugs. A diet high in anti-inflammatory foods, such as vegetables, may also help reduce inflammation.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Preheat oven to 425°F 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. Refrigerate

Refrigerate vegetables within 2 hours. Vegetables will keep in fridge for up to 2 days.

### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Cutting Board



Knife



Measuring Spoon



Large Sheet Pan



Spatula

### Fatigue Buster

- **Brussels Sprouts:** Use pre-cut Brussels sprouts.
- **Carrots:** Use baby carrots and roast whole instead of peeling and chopping whole carrots.
- **Other vegetables that roast well:** broccoli, cauliflower, white potatoes, turnips, parsnips, beets, and butternut squash. Look for pre-cut or diced versions to save time.
- Ask a friend or family member to help with preparing this dish.