

Roasted Winter Vegetable Skewers

Makes 10 servings

Ingredients

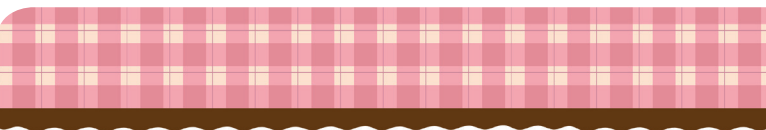
- 10 wooden skewers
- 2 tablespoons extra-virgin olive oil
- 20 medium Brussels sprouts, outer leaves removed
- 1 large (10-ounce) sweet potato, cut into 3/4-inch cubes
- 1 medium head cauliflower, broken into florets
- 8 ounces small white (cremini) mushrooms
- 1 large red onion, cut into 1 1/2-inch pieces

Directions

1. Soak skewers in water for at least 30 minutes.
2. Preheat oven to 450 F.
3. Place one Brussels sprout on the skewer, then a cube of sweet potato, cauliflower floret, mushroom and several pieces of the onion. End with one more Brussels sprout. Repeat for each skewer.
4. Place skewers on a baking sheet and brush with oil. Bake for 10 minutes. Remove from oven, turn skewers and brush with oil once again. Bake for another 10 minutes.
5. Enjoy warm!



APPETIZER OR SNACK



TIP

Make these skewers any way you'd like! Add pieces of meat between the veggies to make it a meal, or choose your favorite vegetable to make it a one-veggie skewer!*

*Option not included in nutrition facts.

♥ = heart smart ✂ = low sodium (GF) = gluten free

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Nutrition Facts

Serving Size 1 stick (165g)
Servings Per Container 10

Amount Per Serving

Calories 90 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 3g

Vitamin A 90% • Vitamin C 120%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1