



Southwestern Roasted Sweet Potatoes and Veggies

Ingredients:

- 4 Cups fresh peeled sweet potatoes (1-inch) chunks
- 1 ½ Cups zucchini slices, halved
- 1 Small red onion, cut into small chunks
- 1 Package portabella mushroom slices, halved
- 2 Tablespoon olive oil
- 3 Tablespoons taco seasoning mix
- Salt to taste

Instructions:

Preheat oven to 425 F. Coat baking sheet with nonstick cooking spray. In large bowl, combine sweet potatoes, zucchini, onion and portabella slices. Mix in olive oil to coat. Sprinkle with taco seasoning mix and spread on prepared baking sheet. Bake 40 minutes or until tender and roasted shaking pan every 15 minutes.

Serving Size: 6

Cook Time: 50 minutes

Categories:

Side Dish Recipes

Vegetarian Recipes

7 Ingredients or Less

Nutrition:

CAL 138 (30% fat)

FAT 5g

PROTEIN 2.7g

CARB 22g

CHOL 0mg

SODIUM 241mg