



Roasted Root Veggies & Tomato Sauce



Recipe from *The Cookbook Project*

Ingredients



- 2-4 root vegetables
 - 3 T. minced garlic
 - 1 T. thyme
 - 1 tsp. red pepper
 - 1/4 cup olive oil
 - 1 15 oz. can tomato sauce
 - 1 tsp. oregano
 - 1-2 cups leafy greens, such as spinach or arugula
 - Salt and pepper to taste
- Yield: 4 servings
Serving Size: 1 cup



Directions



1. Preheat the oven to 450 degrees.
2. Cut the veggies into 6ths—nice large pieces.
3. In a large roasting pan, mix the veggies and coat with olive oil. Add garlic, thyme, and red pepper to veggies. Mix until all veggies are evenly coated with spices.
4. Roast veggies for 40-45 minutes or until golden brown, stirring occasionally. Veggies are ready when you pierce them with a fork and they are tender.
5. Heat the tomato sauce in a pan. Add the oregano and salt and pepper to taste.
6. Add the leafy greens and cook until they are wilted.
7. When the veggies are done roasting, add them to the tomato sauce and serve. If you want more heat, add a little tabasco sauce!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- Add whatever roasted vegetables you like or have on hand—potatoes, carrots, beets, turnips, parsnips, etc.
- Use frozen spinach or other greens if fresh is not available.

Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	270
<small>% Daily Value*</small>	
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol < 5mg	1%
Sodium 510mg	22%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 4g	8%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

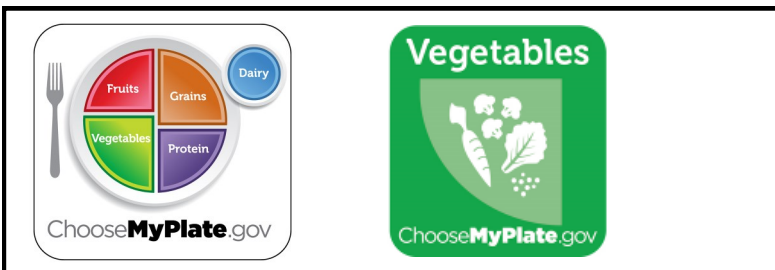
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