

Side

# Roasted Sheet Pan Veggies

**10 Mins**  
Prep Time

**25 Mins**  
Cook Time

**6**  
Servings

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



## Ingredients

**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

Salt and Pepper, to taste

### 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. Preheat Oven

Preheat oven to 425° and prepare vegetables.

### 2. Season Vegetables

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

### 3. Roast

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

Recipe created by Meijer Registered Dietitians:  
Beth Eggleston, RD & Emily Parsell, RD

## What You'll Need



Cutting Board



Knife



Measuring Spoon



Large Sheet Pan



Spatula

### 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.