



Side

# Roasted Sheet Pan Veggies

**Side Effect: Constipation** 

**10 Mins** Prep Time

**20-25 Mins** 

- 6

Cook Time

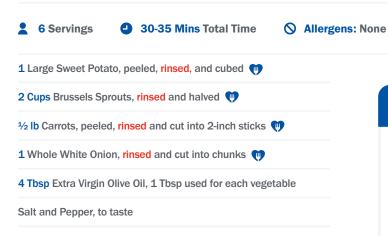
Servings

**149** Calories

11g Fat 13g Carbs

1g Protein

# **Ingredients**





#### **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 and all cooking surfaces with soap and warm water before beginning.

#### 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

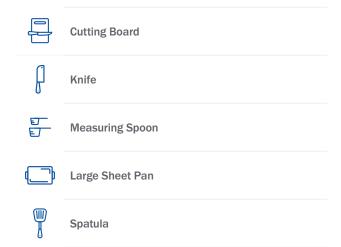
Refrigerate vegetables within 2 hours. Vegetables will keep in fridge for up to 2 days.

#### 6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitans,
Beth Eggleston and Emily Parsell

### What You'll Need



#### **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.