

Side

Roasted Sheet Pan Veggies

Side Effect: Constipation

10 Mins
Prep Time

20-25 Mins
Cook Time





6
Servings

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



Ingredients

 **6 Servings**  **30-35 Mins Total Time**  **Allergens: None**

- 1 Large Sweet Potato, peeled, **rinsed**, and cubed 
- 2 Cups Brussels Sprouts, **rinsed** and halved 
- ½ lb Carrots, peeled, **rinsed** and cut into 2-inch sticks 
- 1 Whole White Onion, **rinsed** and cut into chunks 
- 4 Tbsp Extra Virgin Olive Oil, 1 Tbsp used for each vegetable
- Salt and Pepper, to taste

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 Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board



Knife



Measuring Spoon



Large Sheet Pan



Spatula

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.