

Rainbow Roasted Potatoes

Although potatoes are higher in carbohydrates and calories than most other veggies, choosing a variety of colors and keeping the skins on provides greater nutritional value. This recipe, which includes sweet potatoes, is an excellent source of vitamins A and C, and also fiber.

Serves 6



Ingredients

- 1 sweet potato, peeled and cubed (about 1 pound)
- 2-3 red and/or purple potatoes, scrubbed and cubed (about 1 pound)
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional spices (Cajun seasoning, curry, cinnamon, cumin, or your favorite spice blend)

Nutrition Facts

Serving Size about 1 cup
Servings Per Container about 6

Amount Per Serving

Calories 140 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 3g

Vitamin A 240% • Vitamin C 45%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Preheat oven to 425 degrees.
2. Mix all ingredients together in a large bowl.
3. Spread onto a baking sheet.
4. Bake for 10 minutes, remove from oven, and flip potatoes with a spatula.
5. Return to oven and bake 10 minutes more, or until potatoes are tender when pierced with a fork.

Please note: nutritional values are approximate.

