



Recipe for-

Easy Veggie Recipes: Roasted Squash & Sweet Potatoes

Yellow/orange veggies are rich in vitamin A. A ripe yellow squash, butternut squash, and nutrient rich sweet potatoes, pair nicely in this tasty dish.

Ingredients:

Yellow squash

Butternut squash

Sweet potatoes

Sprinkle of salt & pepper

2 tablespoons olive oil

Preparation steps:

Preheat oven to 400 degrees.

Peel sweet potatoes, discard the ends, and cut into 1½-2 inch pieces. Remove seeds from a butternut squash, then peel and cut into similar pieces. Cut yellow squash into 1-inch rounds.

Place veggies on a baking sheet, sprinkle with salt & pepper. Drizzle with olive oil, then toss gently to coat.

Bake for 45 minutes, or until tender. The roasted veggies are simple, nutritious, sweet and ready to serve.

Enjoy!