

ROAST VEGGIES

INGREDIENTS

- 1 cup, chopped of onions, raw [160 g]
- 1 clove of garlic, raw [3 g]
- 1 cup, cubes of squash, winter, butternut, raw [140 g]
- 1 cup, chopped of sweet potato leaves, raw [35 g]
- 1 medium unit [3" dia] of apples, raw, without skin [161 g]
- 3 tbsps of syrups, maple [60 g]
- 2 tsps of spices, curry powder [4 g]
- 1 tsp of spices, cinnamon, ground [3 g]
- 1 whole tsp of spices, cumin seed [2 g]
- 1 tsp of spices, turmeric, ground [3 g]
- 1/2 tsp of spices, nutmeg, ground [1 g]
- 1/2 tsp of spices, pepper, red or cayenne [1 g]
- 1 tsp of rosemary, fresh [1 g]

COOKING METHOD

- 1º Salute the onions, garlic and ginger for about 5 minutes until soft.
- 2º Add to a large pot along with all other ingredients. Cover and bring to a boil over high heat.
- 3º Once boiling reduce heat to low and simmer for about 30 minutes, until veggies are tender.

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	74 kcal	4 %
FAT	0 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 %
CHOLESTEROL	0 mg	0 %
SODIUM	5 mg	0 %
CARBOHYDRATE	18 g	6 %
SUGARS	11 g	—
FIBER	3 g	10 %
PROTEIN	1 g	—