

Southwestern Roasted Sweet Potatoes and Veggies

- 4 cups fresh peeled sweet potatoes (1-inch) chunks
- 1 1/2 cups zucchini slices, halved
- 1 small red onion, cut into small chunks
- 1 (6-ounce) package portabella mushroom slices, halved
- 2 tablespoons olive oil
- 3 tablespoons taco seasoning mix
- Salt to taste

Preheat oven to 425°F. Coat baking sheet with nonstick cooking spray. In large bowl, combine sweet potatoes, zucchini, onion and portabella slices. Mix in olive oil to coat. Sprinkle with taco seasoning mix and spread on prepared baking sheet. Bake 40 minutes or until tender and roasted, shaking pan every 15 minutes.

Per serving: 138 calories, 3g protein, 22g carbohydrate, 5g total fat, 30% fat, 1g saturated fat, 4g dietary fiber, 0mg cholesterol, 241mg sodium

Makes 6 servings