

# Recipes

## Apple Ladybug Treats

*Serves 4*

### Ingredients

- 2 red apples
- ¼ cup of raisins
- 1 Tablespoon of peanut butter
- 8 thin pretzel sticks



Photo courtesy of <http://allrecipes.com/recipe/29926/apple-ladybug-treats/?internalSource=staff%20pick&referringId=12155&referringContentType=recipe%20hub>

### How to Make It

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

<b>Nutrition Facts</b>	
Servings: 4	
<b>Amount per serving</b>	
<b>Calories</b>	<b>144</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.8g	<b>5%</b>
Saturated Fat 1.3g	<b>7%</b>
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 28.1g	<b>10%</b>
Dietary Fiber 3.5g	<b>12%</b>
Total Sugars 20.1g	
<b>Protein</b> 2.1g	
Vitamin D 0mcg	0%
Calcium 15mg	1%
Iron 1mg	6%
Potassium 213mg	5%
<p><i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.</i></p>	
<p>Recipe analyzed by <b>verywell</b></p>	

# Recipes

## Roasted Vegetables

*Serves 12*

### Ingredients

- 3 cups of butternut squash, cubed
- 2 bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 white potatoes cubed
- 1 red onion, cut into quarters
- 1 Tablespoon of fresh thyme, chopped
- 2 Tablespoons of fresh rosemary, chopped
- ¼ cup olive oil
- 2 Tablespoons of balsamic vinegar
- Salt and pepper to taste



Photo courtesy of <http://allrecipes.com/recipe/9377/roasted-vegetables/?internalSource=hub%20recipe&referringId=84&referringContentType=recipe%20hub>

### How to Make It

1. Preheat oven to 475 degrees F (245 degrees C).
2. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

## Nutrition Facts

Servings: 12

### Amount per serving

**Calories** **106**

### % Daily Value\*

**Total Fat** 4.5g **6%**

Saturated Fat 0.7g **3%**

**Cholesterol** 0mg **0%**

**Sodium** 61mg **3%**

**Total Carbohydrate** 16.6g **6%**

Dietary Fiber 2.4g **9%**

Total Sugars 3.1g

**Protein** 1.8g

Vitamin D 0mcg **0%**

Calcium 39mg **3%**

Iron 1mg **8%**

Potassium 410mg **9%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by

**verywell**