

# Harvest Vegetable Streusel II

*Publix Aprons*

## Servings: 12

*5 tablespoons unsalted butter*  
*2 medium sweet potatoes*  
*2 medium baking potatoes*  
*2 large carrots*  
*2 large parsnips*  
*2 tablespoons canola oil*  
*1/2 teaspoon Kosher salt*  
*1/4 teaspoon pepper*  
*1/4 teaspoon cayenne pepper*  
*(optional)*  
*1 package (8-9 ounce) apple crisp mix*  
*1/2 cup golden raisins*

## Preparation Time: 15 minutes

Preheat the oven to 325 degrees.

Cut the butter into small cubes. Place in a small bowl to soften.

Peel the potatoes, carrots and parsnips. Cut all into one-inch cubes and place in a medium bowl. Toss the vegetables with oil, salt, pepper and cayenne pepper. Transfer to a 13x9-inch baking dish.

Bake for 1-1/4 to 1-1/2 hours or until tender.

Add the apple crisp mix to the butter. Blend with a fork until crumbly.

Remove the vegetables from the oven.

Stir in the raisins and top with the crisp mixture.

Bake for 8 to 10 more minutes or until the vegetables are tender and the topping is golden. Serve.

Start to Finish Time: 50 minutes

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Per Serving (excluding unknown items): 164 Calories; 7g Fat (38.7% calories from fat); 2g Protein; 24g Carbohydrate; 4g Dietary Fiber; 13mg Cholesterol; 92mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Side Dishes

**Per Serving Nutritional Analysis**

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% Calories from Fat:	38.7%
% Calories from Carbohydrates:	57.0%
% Calories from Protein:	4.4%
Total Fat (g):	7g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	24g
Dietary Fiber (g):	4g
Protein (g):	2g
Sodium (mg):	92mg
Potassium (mg):	445mg
Calcium (mg):	29mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	19mg
Vitamin A (i.u.):	7906IU
Vitamin A (r.e.):	817RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	34mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 164 Calories from Fat: 63

		% Daily Values*
<b>Total Fat</b>	7g	11%
Saturated Fat	3g	16%
<b>Cholesterol</b>	13mg	4%
<b>Sodium</b>	92mg	4%
<b>Total Carbohydrates</b>	24g	8%
Dietary Fiber	4g	15%
<b>Protein</b>	2g	
<b>Vitamin A</b>		158%
<b>Vitamin C</b>		31%
<b>Calcium</b>		3%
<b>Iron</b>		4%

\* Percent Daily Values are based on a 2000 calorie diet.