

Roasted Summer Veggies

Roasting vegetables brings out their natural sweetness. This recipe can be used as a template for just about any veggie you like!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
---------------------	---------------------	----------------------

INGREDIENTS

4 oz	Mushrooms, sliced or quartered
½ each	Red Bell Pepper, large dice
½ each	Red Onion, large dice
1 each	Zucchini, cut into ½" half moons
2 tsp	Olive Oil
½ tsp	Garlic Powder
¼ tsp	Oregano, dried
¼ tsp	Coriander
¼ tsp	Kosher Salt
To Taste	Black Pepper, ground

CHEF'S NOTES

Roasting the vegetables on an unlined sheet tray allows for better browning in less time. It encourages evaporation which results in the desired roasted versus a steamed texture.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F.
2. Add chopped vegetables, spices, and oil to a large mixing bowl and toss to combine thoroughly.
3. Spread the seasoned vegetables onto unlined half-sheet pans. Take care not to overcrowd the pan, the vegetables should be in an even layer with space around the pieces.
4. Roast in the preheated oven until the vegetables are browned and tender, about 10-15 minutes. Rotate the pan and stir the vegetables halfway through cooking for even browning.

Nutrition Facts

4 servings per container

Serving size 1/2 cup (109g)

Amount Per Serving

Calories 45

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.5mg 2%

Potassium 310mg 6%

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

