

# Simple Roasted Vegetables



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

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>6 SERVINGS</b> | <b>PREP TIME</b><br><b>10 MIN</b> | <b>TOTAL TIME</b><br><b>30 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

|        |   |
|--------|---|
| 1 each | Zucchini or Yellow Squash, large dice or ½" thick quarter moons |
| 1 each | Red Bell Pepper, large dice                                     |
| ½ each | Red Onion, large dice   |
| 8 oz.  | Green Beans, trimmed and cut into bite sized pieces             |
| 4 each | Carrots, cut on the bias into ½" thick pieces                   |
| 1 Tbsp | Olive or Canola Oil   |
| ½ tsp  | Italian Seasoning   |
| ½ tsp  | Garlic Powder   |
| ½ tsp  | Kosher Salt   |

## DIRECTIONS

1. Gather all necessary equipment and ingredients. 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 one or two baking sheets lined with foil. 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 for about 15-20 minutes, until the vegetables are browned and tender. Rotate the pans and stir the vegetables halfway through cooking for maximum browning.

## CHEF'S NOTES

Roasting is an easy technique for all vegetables that allows you to develop their natural sweetness through the process of caramelization and Maillard browning.

When roasting different vegetables together on the same baking sheet, try to cut them to similar sizes for even cooking.

Try this recipe with any combination of vegetable you like. We also like cauliflower, broccoli, brussels sprouts, asparagus, mushrooms, and cherry tomatoes. The goal is to start with about 8 cups of chopped raw vegetables that will cook down to about 6 cups.

# Nutrition Facts

6 servings per container

**Serving Size** 1 cup (136 g)

Amount per serving

**Calories** 60

% Daily Value \*

**Total Fat 2.5g** 3%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 190mg** 8%

**Total Carbohydrate 9g** 3%

Dietary Fiber 3g 10%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein 2g** 3%

Vitamin D 0mcg 0%

Calcium 30mg 3%

Iron 0.72mg 4%

Potassium 300mg 7%

\*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.

