

Roasted Vegetables



Serving size: 4 (1 cup)

TOTAL TIME



DIFFICULTY



EASY



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

Preparation

1. Preheat oven 400° F.
2. Mix vegetables in bowl and toss in olive oil, garlic, and herbs except parsley.
3. Spread seasoned vegetables on a baking sheet in a single layer and cook 20 minutes. Take pan out of oven, stir, cook another 20-25 minutes or until vegetables are cooked to desired tenderness.
4. Top with fresh parsley and serve.

Nutrition Facts Per Serving

Calories	111
Fat	7g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	12g
Fiber	3g
Protein	2g

Ingredients

- 1 cup broccoli, chopped
- 1 cup zucchini squash, chopped
- 1 cup cauliflower, chopped
- 1 cup onion, chopped
- 1 cup bell pepper, chopped
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1/4 teaspoon black pepper

Garnish: 2 tablespoons fresh parsley, minced

