



Recipe: Roasted Vegetables

Servings: 5

Serving Size: 1 cup roasted vegetables

Ingredients:

11 c. chopped non-starchy vegetables (broccoli, summer squash, cauliflower, Brussels sprouts, okra, etc.)

5 1/2 tbsp. olive or vegetable oil

Directions:

1. Preheat oven to 350 degrees.
2. Chop vegetables into bite-sized pieces.
3. Place vegetables on a large baking sheet.
4. Add olive oil to vegetables and stir to coat evenly.
5. Put in oven and bake for 35 minutes or until vegetables are soft and browned on the edges.

Nutrition for one serving:

Calories: 193 Total Fat: 15.4g Sat. Fat: 2.2g Sodium: 53mg

Carbohydrates: 12.4g Protein: 4g Fiber: 4g