

Sheet Pan Roasted Veggies

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
3. Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

Ingredients

- 3 1/2 cups Brussels Sprouts (halved or quartered)
- 2 cups Broccoli (cut into florets)
- 2 Carrot (peeled and sliced)
- 2 Yellow Onion (medium, cut into wedges)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	145	Calcium	84mg
Fat	7g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.2mg
Monounsaturated	5g	Riboflavin	0.1mg
Carbs	19g	Niacin	1mg
Fiber	6g	Vitamin B6	0.3mg
Sugar	8g	Folate	82µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	95mg
Sodium	205mg	Magnesium	31mg

Potassium	626mg	Zinc	1mg
Vitamin A	5959IU	Selenium	2µg
Vitamin C	108mg		