

Roasted Veggies

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
3. Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
4. Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers

Keeps well in the fridge for up to three days. Reheat in a skillet or the oven.

Serving Size

One serving equals approximately two cups of veggies.

No Mushrooms

Swap in bell peppers or broccoli instead.

Even Cooking

Chop your vegetables to be approximately the same size to ensure even cooking.

Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving

Calories	93	Calcium	53mg
Fat	4g	Iron	1mg
Saturated	1g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	2g	Riboflavin	0.4mg
Carbs	13g	Niacin	3mg
Fiber	4g	Vitamin B6	0.3mg
Sugar	8g	Folate	55µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	110mg
Sodium	331mg	Magnesium	40mg

Potassium	626mg	Zinc	1mg
Vitamin A	5642IU	Selenium	5µg
Vitamin C	26mg		