

Oven Roasted Vegetables



Ingredients:

1. Use all or a combination of these vegetables and ingredients (enough to fill one large baking sheet):
 - Carrots
 - Eggplant
 - Garlic cloves
 - Mushrooms
 - Onions
 - Small squash
 - Peppers
 - Potatoes (peeled if sweet, or leave skin if white)
 - Winter squash
 - Green beans
2. 2 teaspoons of olive oil
3. Pepper and herbs to taste

Directions:

1. Preheat oven to 400 degrees.
2. Wash and cut any vegetables into 1 inch pieces.
3. In a large bowl, toss vegetables with oil, and fresh basil, oregano or any other fresh herb, and pepper to taste.
4. Spread on a baking sheet.
5. Roast in the oven for 20-30 minutes (shake the pan 2-3 times for even-cooking).

Serving size: 2 cups

Nutrition Information: Approximately 150 calories; 4 grams of total fat, 0.6 grams of saturated fat; 7 grams of fiber. Nutrition bonus: No cholesterol and very high in vitamins C, A, E and phytonutrients!