



Roasted Veggies

Servings 4 | Prep time 5 mins. | Total time 35 mins.

Equipment:

Cutting board
Baking sheet
Aluminum foil or parchment paper

Utensils:

Knife
Measuring spoons

Ingredients

2 medium squashes (zucchini or yellow squash),
cut into 1/2 pieces
1 red or green bell pepper, cut into 1/2-inch
slices
1 onion, cut into 1/2-inch slices
2 cloves garlic, minced OR 2 teaspoons garlic
powder
2 tablespoons olive oil OR vegetable oil
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon dried basil (optional)
1 tablespoon balsamic vinegar (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 425 degrees.
3. Line a baking sheet with aluminum foil or parchment paper. Pile vegetables in the middle of the baking sheet. Drizzle with oil and balsamic vinegar, if using. Sprinkle with garlic, salt, pepper, and basil, if using.
4. Toss using tongs or your hands until vegetables are coated in the oil mixture. Spread vegetables out into a single layer.
5. Roast vegetables for 20-30 minutes or until vegetables are tender.

Nutritional Information:

Calories 100
Total Fat 7g
Sodium 300mg
Total Carbs 8g
Protein 2g