

## Oven Roasted Vegetables

*(Makes 2 - 4 servings)*

(V) – This recipe is a vegan option recipe!

**Use all or any combination of vegetables (enough to fill one large baking sheet):**

- Carrots
- Eggplant
- Garlic cloves
- Mushrooms
- Onions
- Small squash
- Peppers
- Potatoes (*peeled sweet or white with skin*)
- Winter squash
- Green beans
- 2 teaspoons olive oil
- pepper, herbs and salt to taste

**Directions:**

- 1) Wash and cut any vegetables into 1 inch pieces.
- 2) In a large bowl, toss vegetables with oil and fresh basil, oregano or any fresh herb, pepper and salt to taste (if on sodium-restricted diet, limit added salt).
- 3) Spread on a baking sheet.
- 4) Roast in a 400 degree oven for 20 – 30 minutes (shake 2 – 3 times for even-cooking).  
(Don't worry about overcooking- it only improves the flavor)

**Nutritional Analysis:** *(per serving / 2 cups)*

- Calories: about 150
- Total Fat: 4g
- Saturated Fat: 0.6g
- Fiber: 7g
- No cholesterol
- Very high in Vitamins C, A, E, phytonutrients