

Let's Eat: Roasted Vegetables

Makes 6 servings



Ingredients

- 1 red bell pepper, cut into bite size pieces
- 1 orange bell pepper, cut into bite size pieces
- 4 cups broccoli florets
- 2 cups carrots, diced
- 2 cups zucchini, sliced into coins
- 2 tbsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp dried thyme

Preheat your oven to 425°F. Line a large baking sheet with parchment paper.

Prepare vegetables and place in large bowl. Add olive oil and seasonings to bowl. Toss to coat vegetables.

Pour vegetables onto baking sheet. Arrange vegetables in a single layer to make sure they cook evenly.

Roast vegetables for about 25-30 minutes, or until they are tender and lightly browned.

Enjoy!

Nutrition Facts Per Serving (1 cup)

Calories 90
Carbohydrates 11 g
Protein 2 g
Total Fat 5 g
Phosphorus 71 mg
Potassium 472 mg
Sodium 50 mg