



Roasted Vegetables

INGREDIENTS:

- Vegetables of your choice (see chart)
- Vegetable oil (1 teaspoon per 2 cups of vegetables)
- Salt and black pepper

VEGETABLES	ROASTING TIME
Yellow squash, cut into 1" pieces	15 minutes
Zucchini, cut into 1" pieces	15 minutes
Asparagus, ends trimmed	15 minutes
Brussels sprouts, ends trimmed, cut in half	30 minutes
Carrots, peeled, ends trimmed, cut into 1" pieces	30 minutes
Potatoes, cut into 1" pieces	30 minutes

DIRECTIONS:

1. Preheat oven to 425°F.
2. Cut and separate the vegetable of your choice by roasting time into 2 different bowls.
3. Add vegetable oil, salt and pepper to the vegetables in both bowls. Toss to coat all vegetables evenly.
4. Arrange vegetables from each bowl in a single layer on 2 different baking sheets, separating by roasting time (see chart).
5. Roast in the oven until softened and slightly brown according to roasting time. Remove from oven. Allow to cool slightly. Serve.

Source: *Let's Cook, Eating Smart Being Active Cookbook*. Nutrition Facts used 1 medium squash and 1 medium zucchini for analysis: Calories 260, Total fat 6g; saturated fat 1g; sodium 590mg; total carbohydrates 44g; fiber 7g; sugars 3g; protein 0g.