

# ROASTED VEGETABLES

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 1/2 cup*

## **Nutrition (per serving)**

Calories: 40

Total Fat: 3.5 g

Saturated Fat: 0 g

Sodium: 160 mg

Total Carbohydrate: 2

Dietary Fiber: 1 g

Protein: 1 g

## **Ingredients**

2 T olive oil

½ tsp dried basil

½ tsp garlic powder

½ tsp salt

¼ tsp dried thyme

¼ tsp dried marjoram

¼ tsp black pepper

1½ tsp dried parsley



**OSF**  
HEALTHCARE

4 c various vegetables (squash, mushrooms, bell peppers, tomatoes, carrots, onions, etc.), cut into chunks

### **Directions**

Preheat oven to 425oF. Mix olive oil and spices in a large bowl. Add vegetables and stir to coat. Spread vegetables onto large baking sheet. Roast 20-25 minutes, stirring at half-way point. Remove when peppers begin to brown. Sprinkle with grated parmesan or Romano cheese, if desired.