

# Roasted Vegetables



NUTRITION CONSULTING INC.

*It's your health. Take a stand.*

**Makes 6 Servings**

**Per  
Serving**

Calories 83  
Carbohydrates 9g  
Protein 3.2g  
Fat 4.9g  
Dietary Fiber 3.1g

## What You Need

2 tbsp olive oil  
Salt & pepper (to taste)  
3 cups of your favorite  
vegetables:

*You can choose from:*

Green, yellow or red peppers  
Zucchini  
Mushrooms  
Asparagus  
Green/yellow beans  
Squash  
Snow Peas

## How You Prepare

1. Preheat oven to 475 degrees F (245 degrees C).
2. In a large bowl, combine the cut-up vegetables.
3. Add olive oil and toss vegetables until they are coated.
4. Spread vegetables evenly on a large roasting pan.
5. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.
6. Optional: when ready, sprinkle vegetables with salt and/or pepper to taste.

*Here's a great way to include more  
vegetables in your diet.*

*Preparation is extremely simple and the  
result is delicious and flavorful!*