RECIPE

Roasted Vegetables

These simple, flavorful, and healthy oven-roasted vegetables take less than 20 minutes of prep work and are all made on one sheet pan!

Makes: 1 Serving
Prep Time: 15 minutes
Cook Time: 15 minutes

Source: foodhero.org

Ingredients

- 1 cup fresh vegetables per person (See Chef's Notes for ideas)
- 1/2 teaspoon vegetable oil (per cup of vegetables)
- sprinkle of salt and pepper (optional)

Directions

1. Wash vegetables, peel if desired, and cut into similar sized pieces. Smaller pieces (about 1/2 inch thickness) brown more and cook more quickly. Long thin pieces (asparagus or beans) can be left whole.
2. Preheat oven to 425 degrees.
3. Prepare a baking sheet that will hold the vegetables in a single layer. A metal baking sheet without sides allows more browning. A covering of foil will make cleanup easy.
4. Toss the vegetable pieces with just enough oil to make them shine.
5. Spread the vegetables on the baking sheet in a single layer.
6. Roast until tender and slightly browned on the edges. Baking time will depend on the thickness of the pieces. Thin pieces (asparagus or beans) may take 5 minutes; pieces about 1/2 inch thick take about 15 minutes.
7. Stir or turn about halfway through the roasting to obtain more even browning.
8. Remove to a serving dish and sprinkle lightly with salt or seasoning of your choice.
9. Refrigerate leftovers within 2 hours.

Small Changes, BIG Difference!

Vegetables
ChooseMyPlate.gov

Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	60
Total Fat:	2.5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	320mg
Total Carbohydrates:	9g
Dietary Fiber:	3g
Total Sugars:	5g
Added Sugars:	0g
Protein	2g

Utensils Needed

- Sharp knife
- Cutting board
- Measuring spoons
- Vegetable peeler
- Baking sheet
- Large spoon for mixing

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