

Roasted Summer Vegetables

Ingredients

2 cups sliced red pepper (1/2 inch strips)
2 cups sliced red onion (1/2 inch rounds)
3 cups sliced yellow squash (1/2 inch rounds)
3 cups sliced zucchini (1/2 inch rounds)
2 cups mushrooms, sliced in half
1 Tbs dried basil
1/2 Tbs ground garlic
1 Tbs lemon peel
1/2 cup olive oil

Directions

1. Preheat oven to 425°.
2. Toss cut vegetables with basil, garlic, lemon peel, and olive oil.
3. Place coated vegetables on a sheet pan and roast for 20-25 minutes, or until cooked through.

Nutrition Information per 1 cup serving

Per Serving

Calories: 62
Fat: 4g
Carbohydrate: 7g
Protein: 2g
Fiber: 2g
Sodium: 4mg
Cholesterol: 0g



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