

# Oven-Roasted Vegetables

This simple and delicious vegetable dish is perfect with your favorite entrée.

Makes: 6 Servings  
Prep Time: 20 mins  
Cook Time: 20 mins

Source: [MyPlate.gov/recipes](https://www.MyPlate.gov/recipes)

## Ingredients

- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black ground pepper
- 3 cups fresh vegetables (cut up, such as potatoes, broccoli, carrots, cauliflower, or red peppers)

## Directions

1. Wash hands with soap and water.
2. Preheat the oven to 450 degrees.
3. In a small bowl, mix the oil, lemon juice, herbs, salt and pepper.
4. Wash, peel, and cut the fresh vegetables to get 3 cups cut-up vegetables.
5. Spread vegetables on baking sheet pan.
6. Pour the oil mixture over the vegetables and mix together.
7. Bake for 20 minutes. Stir after the first 10 minutes of baking.
8. Serve the vegetables while they are still hot.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup of prepared vegetables, 1/6 of recipe

Nutrients	Amount
Calories:	99
Total Fat:	5g
Saturated Fat:	1g
Cholesterol:	0 mg
Sodium:	101 mg
Total Carbohydrates:	13g
Dietary Fiber:	2g
Total Sugars:	1g
Added Sugars:	0g
Protein	2g

## Utensils Needed

- Small bowl
- Mixing spoon
- Measuring cups
- Measuring spoons
- Baking sheet

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$4.08

Average cost/serving: \$0.68

Makes: 6 servings

**Note:** The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to cart  
Lemon



Add 1 to Cart  
Broccoli, 1 crown



Add 1 to cart  
Red Pepper, medium



Add 1 to cart  
Potato, 1 large

## Save Time, Save Money

## My Cooking Notes

### Chef's Notes

- To get a variety of flavors, try using a different combination of vegetables and/or different dried herbs, such as oregano and garlic powder.
- Some vegetables roast more quickly than others. After 15 minutes, check on the vegetables. Some may need more time while others may be cooked to your liking.