

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!



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

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$1.99

Average cost/serving: \$1.99

Makes: 1 serving

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
1, 2lb bag carrots
(see Chef's Notes below for other suggestions of fresh vegetables)

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Try vegetables like: beets, Brussels sprouts, carrots, onions, sweet potatoes, peppers, asparagus, broccoli, cauliflower, green beans, squash and more.
- Try additional seasoning like: thyme, rosemary, oregano, balsamic vinegar and lemon juice.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Minestrone Soup
 - Squash and Orzo
 - Asparagus, Feta and Couscous Salad