OVEN ROASTED VEGETABLES

INGREDIENTS

5 cup   Yellow onion (chopped)
5 cup   Mushrooms (sliced)
5 cup   Zucchini (chopped)
5 cup   Broccoli florets
6 1/4 tsp Garlic cloves (crushed)
6 1/4 tsp Basil (dried)
6 1/4 tsp Oregano (dried)
1/3 cup   Olive oil

INSTRUCTIONS

1. Cut vegetables to desired size.
2. In a large bowl, toss with olive oil and spices to coat and spread evenly on baking sheet pan.
3. Bake at 350°F for approximately 20 minutes (cooking time may vary based on desired tenderness and size of vegetables).

Mix it up! Any other combination of fresh vegetables can be used such as brussel sprouts, summer squash, and asparagus.

NUTRITION

Calories: 50
Sodium: 10 mg
Trans Fat: 0 g
% Calories from Saturated Fat: 0%

Number of Servings: 25 (90 g per serving)
Recipe courtesy of Stephens Memorial Hospital