

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).

NUTRITION

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



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

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