

ROASTED VEGETABLES

PREP TIME

20 minutes

COOK TIME

30 minutes

SERVINGS

12

INGREDIENTS

1 small eggplant unpeeled, cut into 1-inch chunks

1/3 teaspoon sea salt

1 zucchini, sliced into 1-inch pieces

1 yellow squash, sliced into 1-inch pieces

10 ounces mushrooms

4 shallots, peeled and quartered

1 red bell pepper, cut into 1-inch chunks

2 bell peppers, any color, cut into 1-inch chunks

1 clove of garlic, separated and peeled

2 tablespoon extra virgin olive oil

1/4 teaspoon black pepper

2 tablespoon balsamic vinegar

1 herb sprigs (for garnish, fresh)

INSTRUCTIONS

1. Preheat oven to 425°F.

2. Place eggplant in a large bowl. Lightly salt eggplant and let sit for 10 minutes.

(This will prevent it from absorbing too much oil.) Add remaining vegetables and toss with olive oil.

3. Line baking sheet with parchment. Place vegetables on baking sheet. Sprinkle with salt and pepper to taste. Roast to desired doneness, approximately 20-30 minutes. Adjust seasonings to taste.

4. Place on serving platter and sprinkle with balsamic vinegar. Garnish with fresh herbs.



Nutrition Facts

Serving size

Amount Per Serving

Calories **60**

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Sodium 105mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

