Roasted Veggies

Ingredients

6 cups Vegetables for roasting, diced (bell peppers, onion, or broccoli, any veggies)
1 Tbsp. Olive oil
1/4 tsp. Salt
1/4 tsp. Ground black pepper

Method

- Preheat oven 400°F.
- Cut vegetables into medium sized chunks about the size of a quarter(they will shrink as they cook).
- In medium size bowl, add oil salt and pepper
- Then toss chopped vegetables until they are evenly coated with oil and spices.
- Place vegetables on a lightly greased baking sheet.
- Roast in oven for about 20-30 minutes, or until caramelized.
- Remove from oven, allow to cool.

Nutrition Information

Serves: 3
Serving size: 1 cup
Calories: 130
Fat: 5 grams
Carbohydrates: 18 grams
Protein: 3 grams