

Garden Roasted Vegetables

Recipe of the Month September - 2014



Oven-roast these favorite veggies from the garden for a good source of vitamin C.

Prep Time: 10 Min

Start to Finish: 25 Min

Makes: 8 servings (1/2 cup each)

INGREDIENTS

Olive oil-flavored cooking spray
1 medium green bell pepper, cut into 1-inch pieces
1 medium onion, cut into 1/4-inch wedges
1 medium tomato, cut into 1/4-inch wedges
1 medium zucchini, cut into 1-inch pieces
1/2 teaspoon salt
Salt-free lemon-pepper seasoning, if desired

DIRECTIONS

1. Set oven control to broil. Cover 15x10x1-inch pan with foil; spray with cooking spray. Place vegetables in single layer in pan. Spray vegetables with cooking spray. Sprinkle with 1/4 teaspoon of the salt.
2. Broil with tops 4 inches from heat about 12 minutes, stirring occasionally, until vegetables are tender. Sprinkle with remaining 1/4 teaspoon salt and lemon-pepper.

Recipe Provides: Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	20	Calories from Fat:	0
Total Fat:	0 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	150 mg	Total Carbohydrate:	3 g
Dietary Fiber:	1 g	Sugars:	2 g	Protein:	0 g



This recipe is adapted from WWW.eatbetterearly.com