



## Roasted Veggies

4 servings

40 minutes

### Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	93
Fat	4g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	331mg
Potassium	626mg
Vitamin C	26mg
Calcium	53mg
Iron	1mg
Vitamin D	3IU
Folate	55µg
Vitamin B12	0µg
Magnesium	40mg
Zinc	1mg

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for up to three days. Reheat in a skillet or the oven.

**Serving Size:** One serving equals approximately two cups of veggies.

**No Mushrooms:** Swap in bell peppers or broccoli instead.

**Even Cooking:** Chop your vegetables to be approximately the same size to ensure even cooking.