



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	91
Fat	4g
Saturated	1g
Carbs	12g
Fiber	4g
Sugar	7g
Protein	4g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper OR heat up that patio grill!
- 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 on the bbq grill, 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 up to 3 days. Reheat in a skillet or the oven.

No Mushrooms: Swap in bell peppers or broccoli instead.

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