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## Roasted Vegetables

By Andrea Holwegner BSc, RD

*Here's a great way to include more vegetables in your diet. Preparation is extremely simple and the result is delicious.*

**Makes 6 servings**

### What you need:

2 tbsp olive oil  
Salt & pepper (to taste)  
3 cups of your favorite vegetables:

*You can choose from:*

Green, yellow or red peppers  
Zucchini or eggplant  
Mushrooms  
Asparagus  
Green/yellow beans  
Squash  
Snow Peas  
Onions



### How you prepare:

1. Preheat oven to 475 degrees F.
2. In a large bowl, combine the cut-up vegetables.
3. Add olive oil and toss vegetables until they are coated.
4. Spread vegetables evenly on a large roasting pan.
5. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.
6. Optional: when ready, sprinkle vegetables with salt and/or pepper to taste. Also try seasoning with fresh or dried parsley, basil or your other favorite spices.

### Per serving:

Calories 83  
Carbohydrates 9 g  
Protein 3 g  
Fat 4.9 g  
Dietary Fiber 3.1 g

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