

Rockin' Roasted Veggies

INGREDIENTS:

- 2 Tbsp. olive oil (or other cooking oil)
- 1 Tbsp. lemon juice
- ½ tsp. Italian seasoning
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 c. fresh vegetables (such as potatoes, broccoli, carrots, cauliflower or red peppers, cut up)

DIRECTIONS:

Preheat the oven to 450 degrees. In a small bowl, mix the oil, lemon juice, herbs, salt, and pepper. Wash, peel and cut the fresh vegetables to get 3 cups of vegetables. Spread vegetables on a pan. Coat vegetables with the oil mixture. Bake for 20 minutes. Stir after the first 10 minutes of baking. Test to see if they are fork-tender. Continue baking if needed. Serve the vegetables while they are still hot.

NUTRITION:

Make six servings. ½ cup per serving. Each serving has 70 calories, 5 grams (g) fat, 1 g protein, 7 g carbohydrate, 2 g fiber and 110 milligrams sodium.