

Oven Roasted Vegetables

Ingredients:

- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 1/2 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup carrots, chopped

Equipment:

- Cutting board
- Knife
- Plastic food storage bag
- Baking sheet
- Measuring cups
- Measuring spoons

Number of Servings: 6
 Prep Time: 5 minutes
 Total Time: 25 minutes

Directions

1. Preheat the oven to 450°F. Spray a baking sheet with non stick cooking spray.
2. Hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts.
3. Cut cauliflower head in half and save half for other dishes. Cut in the same manner as the broccoli.
4. Wash a carrot and place it on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices.
5. In a large plastic bag, mix the oil, lemon juice, herbs, salt and pepper.
6. Add chopped vegetables to oil mixture and shake bag to coat well.
7. Spread vegetables on baking sheet.
8. Bake at 450°F for 20 minutes. Stir after the first 10 minutes of baking. Serve.

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| Nutrition Facts | |
|------------------------|----------------------|
| Serving Size: 3/4 cup | |
| Servings: 4 | |
| Amount Per Serving | |
| Calories 93 | Calories from Fat 36 |
| %Daily Value* | |
| Total Fat 4g | 6% |
| Saturated Fat trace 1g | 2% |
| Cholesterol 0mg | 0% |
| Sodium 191mg | 8% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 6g | 24% |
| Protein 5g | 10% |
| Vitamin A 294% | Vitamin C 254% |
| Iron 9% | Calcium 9% |

*Percent Daily Values are based on a 2,000 calorie diet.

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