

Roasted Summer Vegetables

Serves: 4

Ingredients

2 cups sliced red pepper (1/2 inch strips)
2 cups sliced onion (1/2 inch rounds)
3 cups sliced yellow squash
3 cups sliced zucchini

2 cups mushrooms, halved
1 tablespoon dried basil
1/2 tablespoon garlic powder
1 tablespoon ground lemon peel
1/2 cup Olive Oil

Directions:

Preheat oven to 425 degrees

Toss cut vegetables with basil, garlic, lemon peel and olive oil

Place coated vegetables on a sheet pan and roast for 20-25 minutes, or until cooked through

Serving Size: 1 cup

Per Serving: Calories: 62, Fat: 4g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 4mg, Carbohydrate: 7g, Fiber: 2g, Protein: 2g