



# Roasted Vegetables

Prep: 5 minutes | Cook: 30 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size:  $\frac{3}{4}$  cup

## Ingredients

4 cups (about 1 pound) fresh vegetables, cut into bite-sized pieces (one type or a combination; e.g. green beans, cauliflower, carrots, broccoli, sweet potato, Brussels sprouts, beets, bell peppers)

1 tablespoon olive oil

3-6 cloves garlic, minced (about 1 tablespoon; or 1 teaspoon garlic powder)

$\frac{1}{4}$  teaspoon ground black pepper

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  cup grated or shredded parmesan cheese (optional)

1 tablespoon chopped fresh parsley (optional)

## Directions

1. Preheat the oven to 450°F.
2. Line a baking sheet or casserole dish with parchment paper.
3. Place the selected vegetables in a large bowl.
4. Add the oil, garlic, black pepper, and salt. Toss to coat the vegetables.
5. Spread the vegetables out onto the prepared baking sheet or casserole dish in a single layer.
6. Bake until fork-tender, about 20-25 minutes, tossing about halfway through cooking for more even browning if desired.
7. (Optional) Top with the parmesan and parsley, and return to oven to broil until golden-brown, about 3-5 minutes, watching closely so they do not burn.
8. Serve warm.

## Recipe Notes

- Actual cooking time may be shorter or longer, depending on the vegetable(s) selected.
- Roasted vegetables will keep in the refrigerator for 5-7 days, or in the freezer for up to 3 months.
- Feel free to change up the seasonings to suit your flavor preferences.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 5 g | Saturated Fat: 1.5 g  
Sodium: 220 mg | Total Carbohydrate: 9 g | Dietary Fiber: 4 g | Protein: 5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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