

Garlic Herb Roasted Veggie Blend

Broccoli, carrots, onion, zucchini, tomatoes, and potatoes all tossed with fresh herbs and roasted to perfection. High in fiber, complex carbs (thanks, potatoes), and vitamins + mineral for a nutritious, crisp side. Have alongside a lean protein of choice for a more complete meal or have these veggies as a snack. Feel free to mix up the veggie combination for anything in you like!

Ingredients:

1 lb	Medium carrots, cut into 2 inch pieces
1 large	Red onion, cut into 1-2 inch chunks
8 oz	Baby red potatoes (any waxy potato will work), halved
1 ½ cup	Broccoli florets
1 large	Zucchini, sliced
8 oz	Cherry tomatoes, halved
4 cloves	Fresh garlic, minced
3 tbsp	Oil of choice (I use olive oil)
1 tsp	Black pepper, ground
1 tbsp	Minced fresh thyme
1 tbsp	Minced fresh rosemary

Directions:

1. Preheat oven to 400 degrees F. Spray baking sheet with cooking spray.
2. Prep the veggies and potatoes. Cut carrots into 2-inch pieces; cut red onion into 1-2 inch chunks; halve the red potatoes; slice the zucchini; halve the cherry tomatoes
3. Cut the garlic into chunky pieces. Set aside. I used pre-minced fresh garlic, so I could skip this step.
4. In a large bowl, mix 2 tbsp olive oil, pepper, and fresh herbs. Toss with the garlic, carrots, onion, potatoes, and broccoli florets. Evenly spread the veggies & potatoes on a large baking sheet. It should only be one layer, so use two baking sheets if needed.
5. Cook for 20 minutes. In the meantime, toss the remaining 1 tbsp oil with the cherry tomatoes and zucchini.
6. Remove the veggies from the oven; flip the veggies + potatoes with a spatula then add in the tomatoes and zucchini, spreading them evenly throughout the pan.
7. Return to the oven to cook for another 15-20 minutes or until the veggies are lightly charred and crisp.

Nutrition Facts:

Servings: 6 servings

Serving size: 1 serving (261 grams)

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	154.8 kcal	8 %
Total Fat	7.3 g	11 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	65 mg	3 %
Total Carbohydrate	21.6 g	7 %
Dietary Fiber	4.9 g	20 %
Sugars	7.6 g	
Protein	3.3 g	7 %
Vitamin A	264 % • Vitamin C 52 %	
Calcium	6 % • Iron 6 %	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		