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 them 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)