

Recipes

Oven Roasted Summer Vegetables

Ingredients:

1 each zucchini, cubed 1 each squash, summer, cubed 1 each green pepper, chopped 1/2 cup red onion, diced fine 1 teaspoon olive oil Salt and pepper, to taste

Equipment:

Cutting Board Knife Measuring cups Measuring spoons

Number of Servings: 4 Prep Time: 10 minutes Total time: 10 minutes

Directions

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- 1. Preheat oven to 450°.
- 2. Cut up all vegetables and place in plastic bag.
- 3. Pour olive oil and spices in bag and close.
- 4. Shake to distribute seasonings.
- 5. Place the vegetables in a large roasting pan in a single layer in the pan. Roast for 20 minutes, stirring occasionally, until the vegetables are lightly browned and tender.

TIP: Can also be prepared in microwave oven, cooked for 10 minutes.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts Serving Size: 1/2 cup Servings: 4

Amount Per Serving			
Calories 80		Calories from	Fat 9
	%Daily Value*		
Total Fat 1g		2%	
Saturated Fat trace 1g			1%
Cholesterol 0mg			0%
Sodium 4mg			0%
Total Carbohydrate 7g			2%
Dietary Fiber 2g			10%
Protein 2g			3%
Vitamin A	9%	Vitamin C	66%
Iron	3%	Calcium	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supple mental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



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