

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

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.

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Nutrition Facts

Serving Size: 1/2 cup			
Servings: 4			
Amount Per Serving		Calories from Fat 9	
Calories 80			
		%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.			

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

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 Supplemental 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.