ROASTED VEGETABLES

INGREDIENTS:

2 cups	Vegetables, zucchini, summer squash, mushrooms, tomatoes
1 tbsp.	Rosemary, fresh, chopped
1 tbsp.	Thyme, fresh, chopped
1 tsp.	Onion powder
1 tsp.	Garlic powder
2 tsp.	Olive oil
½ tsp.	Salt
½ tsp.	Pepper

METHOD:

- Preheat oven to 400°F.
- Cut vegetables into medium size chunks about the size of a quarter, (they will shrink as they cook).
- Chop fresh herbs and set aside.
- In medium size mixing bowl, add oil, herbs, salt and pepper.
- Then toss chopped vegetables until they are evenly coated with oil and spices.
- Place vegetables on baking sheet.
- Roast in oven for about 20 minutes. Be sure to check on them every 10 minutes to flip them over/around. This will aide in even browning.

Chef's Note: Different fresh herbs can be used depending on the style of dish you are making so such herbs as basil, oregano, and sage can be used instead of the herbs above or simply in addition to.

Serves: 4
Serving Size: ½ cup
Calories: 75 ≈35 depending on vegetables used
Fat: 2 gm.