

Roasted Vegetables

Diabetes Friendly

Items Needed: cutting board, knife, measuring spoons, sheet tray, medium bowl

Serves: 4

Ingredients:

- 1 red pepper, deseeded, cut into 8 pieces
- 1 crown broccoli, cut into florets
- 1 zucchini, sliced diagonally into $\frac{1}{4}$ to $\frac{1}{2}$ inch thick slices
- 1 yellow squash, sliced diagonally into $\frac{1}{4}$ to $\frac{1}{2}$ inch thick slices
- 1 medium onion, cut into 8 large quarters
- 12 ounce whole baby portabella mushrooms
- **Any vegetables can be added as preferred
- 3 tbsp. olive oil
- 2 tbsp. preferred low sodium seasoning- ex. Lowry's, Italian, BBQ



Directions:

1. Pre heat oven to 475°F
2. Wash all vegetables, dry, cut as directed
3. In a medium bowl add in olive oil and vegetables tossing to coat in oil
4. Add a pinch of salt and pepper and preferred seasoning to bowl
5. Toss well coating vegetables
6. Lay vegetables out on a sheet tray, spreading out evenly and not overcrowding tray
7. Roast in over for 15 minutes checking to see tenderness of vegetables
8. If more tender and caramelized vegetables are preferred keep roasting in oven for 5 minutes longer until preferred tenderness is reached

Nutrition Information (per 1/4 recipe):

Calories: 180 Fat: 11 g Carbs: 16 g Protein: 5 g Fiber: 5 g Sodium: 317 mg

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