

Recipe

WellWorks For You FEATURED RECIPE Mediterranean Roasted Vegetables

6 Servings | Gluten-Free, Vegetarian, Egg-Free,
High Fiber, Nut-Free

INGREDIENTS

- 2 Roma tomatoes quartered and seeded
- 2 zucchini 8 to 12 oz, halved and sliced on a diagonal
- 1 eggplant about 12 oz, halved and sliced into semicircles
- 1 yellow bell pepper seeded and sliced into strips
- 1 red onion halved and sliced
- 2 tbsp avocado oil
- 2 tsp dried Italian herbs
- Generous pinch of sea salt and black pepper
- 6 fresh basil leaves sliced into thin ribbons, optional

DIRECTIONS

1. Get ready. Preheat the oven to 400° F. Line two large, rimmed baking sheets with parchment paper.

2. Load up the trays. Place half the veggies on one tray, half on the other. You can mix and match them if you want.

3. Spice it up. Drizzle half the oil onto each tray of veggies. Sprinkle half the salt, pepper, and Italian herbs onto each tray of veggies. Toss well with your hands and then spread the veggies out into a single layer. Don't overcrowd them.

4. Bake it. Roast for 20-30 minutes until the veggies are tender and the edges are golden brown.

5. Garnish. Sprinkle with the fresh basil and serve.



NUTRITION Per Serving: Calories: 87 Protein: 2g Carbohydrates: 10g Dietary Fiber: 3g Fat: 5g Saturated Fat: N/A Calcium: 26mg Magnesium: N/A Potassium: 463mg Sodium: 8mg

Source: stephgaudreau.com/roasted-mediterranean-veggies-recipe

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