

Roasted Veggies – Vegan

Prep Time: 15 minutes
Cook Time: 45 minutes
Total Time: 60 minutes

Serving Size: 4
Calories per serving: 290
Fat per serving: 7 grams

Ingredients

- 4 medium carrots, chopped
- 3 medium potatoes, diced
- 1 large onion, diced
- 8 mushrooms, sliced
- 1 small sweet potato, diced
- 1 cup broccoli, chopped
- 3 tablespoons olive oil
- 2 tablespoons rosemary
- Black pepper, to taste
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Instructions

1. Preheat oven to 375° F.
2. Line parchment paper on a baking sheet, and place the vegetables on it.
3. In a small bowl mix the olive oil, rosemary, and pepper. Sprinkle the mixture on top of the vegetables.
4. Bake for about 45 minutes, or until potatoes are tender and can be pierced easily with a fork.

Notes

Nutrition facts (per serving): Calories: 290, from fat: 60, total fat: 7g, cholesterol: 0mg, sodium: 83mg, total carbohydrate: 47g, fiber: 8g, sugar: 4g, protein: 12g.