

ROASTED VEGETABLES WITH MIXED FRESH HERBS

Preparation Time: 20 – 25 minutes depending on the amount

Cooking Time: 20 – 25 minutes depending on the amount

Cooking Temperature: 400° Fahrenheit

| Serving Size: | Serves 2 | Serves 4 | Serves 6 | Serves 8 |
|--------------------------------|----------|-----------|------------|-----------|
| Ingredients: | | | | |
| Red pepper, cut into strips | ¼ Medium | ½ Medium | ¾ Medium | 1 Medium |
| Yellow pepper, cut into strips | ¼ Medium | ½ Medium | ¾ Medium | 1 Medium |
| Spring onions, trimmed | 2 Medium | 4 Medium | 6 Medium | 8 Medium |
| Eggplant, cut into thin slices | ½ Small | ½ Medium | ¾ Medium | 1 Medium |
| Onion, thinly sliced | ½ Medium | 1 Medium | 1 ½ Medium | 2 Medium |
| Zucchini, sliced | 2 Medium | 4 Medium | 6 Medium | 8 Medium |
| Button mushrooms, halved | 6 Medium | 12 Medium | 18 Medium | 24 Medium |
| Olive oil | 1 Tbs. | 2 Tbs. | 3 Tbs. | 4 Tbs. |
| Balsamic vinegar | 1 Tbs. | 2 Tbs. | 3 Tbs. | 4 Tbs. |
| Thyme, fresh, finely chopped | 1 Tbs. | 2 Tbs. | 3 Tbs. | 4 Tbs. |
| Basil, fresh, finely chopped | 1 Tbs. | 2 Tbs. | 3 Tbs. | 4 Tbs. |
| Garlic cloves, finely chopped | 1 Clove | 2 Cloves | 3 Cloves | 4 Cloves |

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Preheat the oven. Place all the vegetables in a large roasting pan, toss in the olive oil and balsamic vinegar.
- Roast the vegetables in a moderate to hot oven for 20 minutes.
- Remove the mixed vegetables from the oven. Mix in the thyme, spring onions and garlic, roast for a further 10-15 minutes until the vegetables are just cooked.

Tips to Reduce Preparation & Cooking Time:

- Buy already crushed garlic to reduce preparation time.
- Use dried herbs instead of fresh herbs to reduce preparation time.
- Buy already sliced peppers.
- Use a sharp knife to cut the vegetables to decrease preparation time.

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| Roasted Vegetables with Mixed Fresh Herbs | |
| Analysis per Serving | |
| Energy: | |
| Calories (kcal): | 125 |
| Protein (g): | 2.5 |
| Total Fat (g): | 8.3 |
| Saturated Fat (g): | 1.1 |
| Monounsaturated Fat (g): | 5.9 |
| Polyunsaturated Fat (g): | 0.8 |
| Omega-3's (g): | 0.1 |
| Cholesterol (mg): | 0.0 |
| Carbohydrates (g): | 13.3 |
| Of which is sugars (g): | 2.0 |
| Fiber (g): | 3.6 |
| Sodium (mg): | 12.0 |