

ROASTED SUMMER VEGETABLES

Crisp, caramelized roasted vegetables that pair well with almost any meal



INSTRUCTIONS

1. Prep the oven and vegetables

- 2 large zucchini or yellow summer squash, sliced into 1/2-inch thick slices
- 2 bell peppers, cut into 1-inch pieces
- 8 oz cremini mushrooms, halved
- 1 red onion, cut into 1-inch wedges
- 2 large carrots, cut into 1/2-inch thick rounds or half-moons

Preheat the oven to 400°F. Cut the vegetables into similar thicknesses so they roast evenly, and place them in a large bowl (either individually or all together).

2. Season

- 2 to 3 Tbsp avocado oil
- 1 tsp salt
- 1 tsp pepper
- Optional: 1 tsp granulated garlic or onion powder, 1 tsp dried herbs (oregano, rosemary, thyme, or Italian seasoning), 1/2 tsp paprika, 1/4 tsp red pepper flakes

Drizzle the vegetables lightly with avocado oil, just enough to coat. Sprinkle with salt, pepper, and any optional seasonings, then toss gently with tongs to coat evenly.

3. Arrange and roast

Place the seasoned vegetables on an extra-large parchment-lined sheet pan (or use two pans) in a single layer. Roast on the middle rack for 15 minutes.

4. Finish roasting

Toss the vegetables and rotate the pan if needed. Continue roasting until fork-tender, another 10 to 15 minutes. Since carrots take a bit longer than the other vegetables, keep them cut on the thinner side, or roast them separately if you want everything to finish at the same time.

5. Serve

- Fresh herb sprigs, for garnish, optional

Transfer to a serving dish, garnish with fresh herbs if desired, and cover to keep warm until ready to serve.

NUTRITION (per 1 cup serving, makes about 6 to 8 servings)

Estimated

- Calories: 80
- Total Fat: 4g
- Total Carbs: 10g
- Fiber: 3g
- Net Carbs: 7g
- Protein: 2g

STORAGE

Keeps for up to 4 days in an airtight container in the fridge, and can be reheated in the oven or air fryer. Freezes well for up to 3 months.



Recipe created by Mind-Body Functional Health.
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