

Roasted Summer Vegetables

Makes 6 servings, 3/4 cup per serving

Ingredients

2 medium eggplants, halved lengthwise, cut crosswise into 1-inch pieces
3 medium zucchini, cut into 1-inch-thick rounds
1 large red bell pepper, cut into 1-inch pieces
1 large yellow bell pepper, cut into 1-inch pieces
1 large red onion, peeled, cut into 1/2-inch-thick wedges
2 cups cherry tomatoes, cut in 1/2
1/4 cup olive oil
1/3 cup chopped fresh herbs or 1 tablespoon dried herbs
2 teaspoons minced garlic or garlic powder
salt and pepper to taste

Preparation

Preheat oven to 475°F. Place first 5 ingredients in large bowl. Add olive oil, herbs and toss well. Arrange vegetables in roasting pan. Roast until tender, stirring occasionally, about 30 minutes.

Season to taste with salt and pepper.

***Try these ideas:**

Toss with whole-wheat pasta and Italian dressing for a healthy pasta salad

Top a green salad with roasted vegetables

Add to a pizza or fill quesadillas or tacos

Serve warm over rice and beans

Nutrition Facts per 3/4 cup serving:

Calories: 160

Total Fat: 10gm

Cholesterol: 0mg

Sodium: 14mg

Total Carbohydrate: 18gm

Dietary Fiber: 8gm

Sugars: 8gm

Protein: 4gm

Vitamin A: 25%

Vitamin C: 172%

Iron: 6%