

Oven Roasted Vegetables

Ingredients:

- 1 lb. red potatoes, diced
- 1 pound asparagus
- 1 cup green onion chopped
- 2 medium zucchini squash
- 2 cups baby carrots
- 16 oz. cherry tomatoes
- 1 large yellow bell pepper, chopped
- 14 oz. can artichoke hearts, drained
- ¼ cup extra virgin olive oil
- 2 tbsp. lime juice
- 2 cloves garlic
- 1 tsp. salt
- ¼ tsp. pepper



Nutrition Facts

Serving Size 1 cup (227g)
Serving Per Container 10

Amount Per Serving

Calories 130 **Calories from Fat 50**

% Daily Value*

Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 4g	

Vitamin A 70% • Vitamin C 90%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Preheat oven to 475 degrees. In large bowl, toss the vegetables with oil, salt, garlic, lime juice and pepper until evenly coated.
2. Divide vegetable mixture between two shallow large roasting pans.
3. Place the pans on 2 oven racks and roast the vegetables for 45 minutes or until tender and golden, rotating the pans between the upper and lower racks halfway through the cooking time and tossing the vegetables once.