



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040
Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

Oven Roasted Vegetables

Prep Time: 15 minutes

Cook Time: 30 minutes

Cost per serving: \$0.27

What you need:

Utensils:

- 13 X 9 inch baking pan
- Knife
- Cutting board
- 2 small bowls
- Mixing spoon
- Measuring spoons

Ingredients:

- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- ½ teaspoon dry rosemary
- ¼ teaspoon pepper
- ¼ teaspoon low sodium herb seasoning
- 6 cups fresh vegetables, chopped (potatoes, broccoli, carrots, green beans, zucchini, or cauliflower)

What to do:

1. Wash hands and cooking area.
2. Preheat oven to 450°F.
3. Mix oil, lemon juice, rosemary, black pepper, and herb seasoning in small bowl. Set aside.
4. Wash and chop vegetables.
5. Mix chopped vegetables with herb mixture to coat vegetables.
6. Place vegetables on a 13 X 9 inch ovenproof pan.
7. Bake for 10 minutes and stir vegetables.
8. Cook for another 20 minutes.
9. Serve immediately.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat 30**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 2g

Vitamin A 80% • Vitamin C 70%

Calcium 4% • Iron 4%