Roasted Vegetables

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INGREDIENTS:

- 1 small zucchini, sliced 1-inch thick (leave peel on)
- 1 red bell pepper, seeded, cut in 1-inch strips
- 1 green bell pepper, seeded, cut in 1-inch strips
- 2 small potatoes, cubed
- 1 onion, quartered
- 1 pound mushrooms, washed, cut in half lengthwise
- Cooking spray

Seasoning mixture:

- 2 tablespoons balsamic vinegar
- 2 cloves garlic, crushed
- 2-3 sprigs fresh rosemary (or 1 teaspoon dried)
- ¼ teaspoon pepper
- 2-3 tablespoon olive oil

DIRECTIONS: Heat oven to 425° F. Lightly spray 15” x 10” jellyroll pan or cookie sheet with cooking spray. Place veggies in bowl, add seasoning mixture on top, stirring well so that vegetables are coated. Place vegetables on pan in a single layer. Roast 30-40 minutes, stirring halfway through cooking time until vegetables are tender and slightly browned. Serve immediately.

“This is a good way to eat a lot of vegetables, and use up small amounts of various vegetables. You can substitute eggplant (peeled), winter squash (peeled), sweet potatoes, carrots, turnips, broccoli, cauliflower, or Brussels sprouts.”