

Roasted Vegetable Medley

Roasted vegetables are a great side dish. It is also a great addition to frittatas, soups, and salads.

U.S.

1 medium	Onion, cut into wedges
1 head	Broccoli, cut into florets
1 head	Cauliflower, cut into florets
2 medium	Carrots, chopped small
2 tablespoons	Olive oil
1/4 tsp	Kosher salt
To taste	Black pepper

Metric

1 medium
91 g
107 g
122 g
30 mL
1.5 g
To taste

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. In a medium bowl, toss all ingredients. Mix well.
4. Spread the vegetables in a single layer on a cookie sheet. Bake in the oven for 20-25 minutes, or until the vegetables start to brown on the edges.

Nutrition Facts

Serving size	1 cup
Servings	4
Calories	120
Calories from Fat	40
Total Fat	4 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	19 g
Dietary Fiber	7 g
Sugars	6 g
Protein	6 g
Vitamin A	120 %
Calcium	10 %
Vitamin C	290 %
Iron	8 %
Phosphorus	148 mg
