

Vegetable Medley

INGREDIENTS:

- 1 medium zucchini, cut into bite size pieces
- 1 medium summer squash, cut into bite size pieces
- 1 medium red bell pepper, cut into bite size pieces
- 1 medium yellow bell pepper, cut into bite size pieces
- 1 pound fresh asparagus, cut into bite size pieces
- 1 red onion, cut into bite size pieces
- 3 T olive oil
- ½ t fresh ground pepper

DIRECTIONS:

Heat oven to 450 degrees F. In a large roasting pan, combine the vegetables and add oil, salt and pepper. Toss to mix and coat. Spread in a single layer. Roast for 30 minutes, stirring occasionally, until vegetables are lightly browned and tender.

Makes 4 servings
Calories: 137/serving

NUTRITIONAL INFORMATION PER SERVING:

2.45g protein
11g carbohydrates
11g fat
4mg sodium
0mg cholesterol
3g fiber