

Italian Oven Roasted Vegetables

Ingredients:

8 ounces cremini mushrooms, cleaned and ends trimmed
12 ounces baby potatoes, scrubbed
12 ounces grape tomatoes
2 zucchinis, cut into 1-inch pieces
10–12 garlic cloves, peeled
1/4 cup olive oil
1/2 tablespoon dried oregano
1 teaspoon thyme
salt and pepper
3 tablespoons parmesan cheese for serving, optional
crushed red pepper flakes, optional

Directions:

1. Preheat oven to 425°F.
2. Place the mushrooms, veggies, and garlic into a large mixing bowl. Drizzle with olive oil. Add the dried oregano, thyme, salt and pepper. Toss to combine.
3. Spread the coated mushrooms and veggies onto a lightly oiled baking sheet. Roast in oven for 20–25 minutes or until the vegetables are fork-tender.
4. Serve immediately with a sprinkle of parmesan cheese and crushed red pepper flakes (optional).

Nutrition Facts

Serving Size 1 cup (233g)
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 4g

Vitamin A 15% • Vitamin C 50%

Calcium 6% • Iron 6%

*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

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: <https://www.themediterraneanandish.com>

