

# Italian Oven Roasted Vegetables

## Ingredients:

- 8 oz mushrooms, cleaned, ends trimmed
- 12 oz baby potatoes, scrubbed (or cut potatoes in halves or cubes depending on size)
- 12 oz grape or cherry 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 dried thyme
- Salt and pepper, to taste
- Grated parmesan cheese for serving (optional)
- Red pepper flakes (optional)

## Directions

1. Preheat the oven to 425 °F.
2. Place the mushrooms, vegetables, and garlic in a large mixing bowl. Drizzle generously with olive oil. Add dried oregano, thyme, salt, and pepper. Toss to combine.
3. Remove potatoes from large mixing bowl and spread them on a lightly-oiled baking sheet. Roast in oven for 10 minutes. Remove from heat.
4. Add mushrooms and remaining vegetables. Return to oven and roast for another 20 minutes until vegetables are fork-tender (some charring is good!).
5. Serve immediately with a sprinkle of freshly grated parmesan cheese and crushed red pepper flakes (optional).

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 6

Amount Per Serving

**Calories 120**      **Calories from Fat 45**

**% Daily Value\***

**Total Fat 5g**      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 30mg**      **1%**

**Total Carbohydrate 18g**      **6%**

Dietary Fiber 3g      **12%**

Sugars 4g

**Protein 4g**

Vitamin A 10%      • Vitamin C 40%

Calcium 8%      • Iron 8%

\*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

