

## Roasted Herb Vegetables

This dish is perfect for meal prep and works great as a side or a snack. The roasting process enhances the natural flavors, bringing out a slight sweetness in the zucchini, squash, and carrots. These veggies are rich in fiber and vitamins, making them an ideal choice for a balanced diet.



**Servings:** 4

**Serving Size:** 2 cups

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

## Ingredients

- 2 large zucchini, sliced into ½-inch pieces
- 2 large yellow squash, sliced into ½-inch pieces
- 1 cup baby carrots
- 1 medium red onion, sliced into 1-inch wedges
- Non-stick cooking spray
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tsp dried rosemary
- 1 tsp salt

## Instructions

1. **Preheat the oven** to 400°F (204°C). Line a baking sheet with parchment paper.
2. **Mix the vegetables:** In a large bowl, add zucchini, squash, carrots, and red onion. Lightly spray with non-stick cooking spray.
3. **Prepare seasoning:** In a small bowl, combine garlic powder, thyme, parsley, rosemary, and salt. Sprinkle over the vegetables and toss well.
4. **Roast:** Spread the vegetables in a single layer on the baking sheet. Roast for 15 minutes.
5. **Flip and continue roasting:** Using tongs, turn the vegetables and roast for another 15 minutes, or until soft and slightly caramelized. Serve hot.

## Nutrition Information (per serving - per 1c)

- **Calories:** 45
- **Total Fat:** 0.2 g
- **Total Carbs:** 9.4 g
- **Protein:** 1.8 g

## Variations

- **For added texture:** Substitute 1 cup diced eggplant for zucchini or squash.
- **For variety:** Swap 1 cup of baby carrots with halved Brussels sprouts.

## Storage Tips

These roasted vegetables can be prepped up to 2 days before roasting. Store leftovers in an airtight container in the refrigerator for up to 6 days.