

Roasted Vegetables

Yield: 10 servings
Preparation Time: 45 minutes
Portion Size: 4 to 5 wt oz
Calories Per Serving: 120 Kcal, but can vary slightly based on vegetables used

STEP 1

3 lb total	Assorted vegetables (your choice), such as red bell peppers, yellow squash, zucchini, carrots, asparagus, mushrooms, eggplant or onions	carrots cut into ½ moons, mushrooms to be quartered, broccoli, cauliflower, eggplant or onions, all cut to similar sizes	Preheat oven to 350°F. Cut and marinate (marinate in step 2) each vegetable in a separate bowl. Use just enough marinade to coat, Place on a sprayed sheet pan separately and roast until caramelized and tender but still has a little crunch.
	<i>Sample choices (listed below) for 10 servings at about 4.8 wt ounces per serving (weight before marinating and grilling)</i>		
1 lb	Red bell peppers	triangles or strips	
1 lb	Yellow squash	circles or ½ moon bias	
1 lb	Zucchini	circles or ½ moon bias	

STEP 2- Marinade

9 fl oz	Vegetable oil or olive oil		Mix all ingredients together. Marinade is ready to use.
2 fl oz	Soy sauce or lemon juice		
1 ¼ fl oz	Vegetable stock		
½ wt oz	Garlic	minced	
½ tsp	Fennel seeds	toasted and ground	
2 tsp	Thyme, fresh	chopped	
2 tsp	Oregano or basil, fresh	chopped	
as needed	Salt		
as needed	Ground black pepper		