

OVEN ROASTED VEGETABLES

PREP: 20-30 MINS COOK: 30-35 MINS TOTAL: 1 HOUR 5 MINS

SERVINGS: 10

INGREDIENTS

3 tbsp. olive oil	½ tsp. black pepper
2 tbsp. whole-grain Dijon mustard	½ tsp. rosemary-dried
3 tbsp. apple-cider vinegar	¼ tsp. basil-dried
1 tsp. thyme-dried	1 lb. butternut squash, peeled and cubed
¾ kosher salt	1 lb. cauliflower
1 lb. brussels sprouts- <i>halved</i>	Garnish:
8 oz. baby purple or Yukon potatoes <i>or sub. root vegetables – halved or quartered</i>	<i>Minced parsley-fresh</i>

Directions:

1. Preheat oven to 450°F degrees. Line a (2) half-baking sheets with parchment paper sprayed lightly with cooking spray. Set aside.
2. In a large mixing bowl, combine olive oil, mustard, vinegar, thyme, salt, pepper, rosemary and basil, and whisk. Add chopped squash, cauliflower, brussels sprouts and **(your choice)** potatoes or root vegetable.
3. Spread vegetables mixture in a single layer on prepared baking sheet. Bake for 2 minutes, stir gently, then bake another 10-15 minutes.
4. Serve garnished with minced parsley if desired.

NUTRITION

Calories: 104kcal | Fat: 4g | Carbohydrates: 14g | Protein: 3g | Saturated Fat: 0g | Cholesterol: 0mg | Sodium: 237mg | Potassium: 569mg | Fiber: 2g | Sugar: 2g | Vitamin A: 103.3% | Vitamin C: 87.9% | Calcium: 6.1% | Iron: 11.5%