



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Roasted Summer Vegetables

Adapted from Ina Garten

2 medium zucchinis, cut into 3/4-inch slices
2 bell peppers (red, yellow, orange, or green), cored and cut into 1 1/2-inch chunks
1 fennel bulb, cut into 1-inch wedges
1 small red onion, peeled and cut into 1/4-inch rounds
2 tablespoons olive oil
1/4 teaspoon kosher salt
1/4 teaspoon black pepper

Instructions:

Set the oven to 400 degrees. Divide the vegetables between two sheet pans. Drizzle equally with olive oil. Sprinkle with salt and pepper.

Roast for 15 to 20 minutes then remove the pans from the oven, toss the vegetables with a spatula, and return the pans to the oven. Continue cooking until vegetables soften and start to darken in spots (another 10 to 20 minutes).

Notes:

-Using two sheet pans, instead of one, will allow for even cooking—overcrowding the pan will prevent the vegetables from caramelizing.

Yield: 4 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 130 calories

PROTEIN: 3 g

SODIUM: 190 mg

CARBOHYDRATE: 16 g

FIBER: 4 g

FAT: 7 g

SAT FAT: 1 g