



# Roasted Vegetable Medley

*Bring harmony to your taste buds with this fresh vegetable dish. Add a Southern flair by serving over grits!*



## INGREDIENTS

nonstick cooking spray	2 cloves garlic, chopped
1 cup chopped baby carrots	4 teaspoons dried basil
1 cup chopped eggplant	1 cup chopped mushrooms
1 cup chopped asparagus	1 small zucchini, chopped
1 teaspoon vegetable oil	

## PREPARATION

1. Place an oven rack on the bottom of the oven. Preheat oven to 450°F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to the pan. Drizzle with vegetable oil and toss until vegetables are lightly coated.
4. Bake for 20 minutes.
5. Spray a large pan with nonstick cooking spray and heat over medium heat.
6. Sauté garlic and basil for about 2 minutes.
7. Add mushrooms and zucchini and sauté until vegetables are tender, about 5 minutes.
8. Add roasted vegetables to the pan and sauté 5 minutes more. Serve immediately.

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 15 minutes **Cook time:** 35 minutes

**Nutrition information per serving:** Calories 50, Carbohydrate 8 g,  
Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg