

Roasted Vegetables

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 25 minutes

Serves: 4

CChints: Markets have fresh vegetables year round. You can use a variety of vegetables including the ones we used or sliced red or yellow onions, green beans and asparagus. The combinations are endless. Herbes de Provence is a blend of different herbs but if you cannot find it, you can substitute Italian seasoning.



2 carrots, cut into sticks or 1/3 inch thick circles
1 pound zucchini squash, ends trimmed and sliced into 1/2 inch thick slices
1 pound yellow squash, ends trimmed and sliced into 1/2 inch thick slices
Half of a red bell pepper, cut into 1 inch pieces
8 ounce carton of whole cremini mushrooms
2 tablespoons olive oil
Dash of salt and pepper
3 gloves minced garlic, fresh or from a jar
1-1/2 teaspoons Herbes de Provence or Italian seasoning

Preheat your oven to 400 degree F and locate a baking sheet. For easy clean up you can line the pan with a silicone baking mat or quick release foil.

You will want to start the carrots cooking first because they take a little longer to cook. Put them in a microwaveable safe container and microwave for 1 minute 30 seconds, just start the cooking process before you put them in the oven.

Prepare the zucchini, yellow squash and red bell pepper and place them in a large bowl.

Use a dry paper towel to clean the mushrooms. Tear the towel in half and hold each mushroom by the stem while you gently brush the dirt off. Do not run them under water. Break off the stems and throw them away. Cut each mushroom in half and add them to the bowl.

Pour the oil over the vegetables and toss to be sure the oil gets on everything. Spread out on the baking sheet and sprinkle with salt, pepper, garlic and herbs. Bake for 20-25 minute until they are tender and starting to brown .

Remove the pan from the oven and transfer to serving bowl.