

Roasted Mixed Vegetables *recipe*

PREP TIME: 15 Min | SERVINGS: 8

weightwatchers



0
SmartPoints
value

INGREDIENTS

- 4 spray(s) olive oil cooking spray
- 2 medium sweet pepper(s), cut into thick strips
- 1 medium yellow summer squash, cut thickly on the diagonal
- 1 medium eggplant, cut into circles
- 1 medium uncooked zucchini, cut thickly on the diagonal
- 1 medium uncooked red onion(s), cut into large wedges
- ½ tsp table salt, or to taste
- ¼ tsp black pepper, freshly ground, or to taste

INSTRUCTIONS

Preheat oven to 450°F. Coat 2 large baking sheets with cooking spray.

Arrange peppers, squash, zucchini, eggplant, and onion on prepared baking sheets and coat with cooking spray; sprinkle with salt and black pepper.

Roast until vegetables are tender and golden brown, shaking pan once or twice during cooking, about 25 to 30 minutes. Yields about ¾ cup per serving.

Notes: If you like your vegetables well-done, broil them on high for 1 to 2 minutes at the end of cooking.