

---

# Roasted Vegetables

*Kathleen Olsen*

*Nettles Island Cooking in Paradise - 2014*

Servings: 4

**1 medium zucchini**

**1 summer squash**

**1 red bell pepper**

**1 yellow bell pepper**

**1 pound asparagus**

**1 red onion**

**1 tablespoon extra virgin olive oil**

**salt (to taste)**

**pepper (to taste)**

Cut the vegetables into bite-size pieces. Place into a casserole dish.

Toss the vegetables in oil, salt and pepper.

Bake in the oven at 450 degrees for 30 minutes.

## **Side Dishes**

---

*Per Serving (excluding unknown items): 92 Calories; 4g Fat (33.6% calories from fat); 4g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Fat.*