

Sheet Pan Dinner



- 8 cups of assorted vegetables, such as: **carrots, parsnips, yams, potatoes, Brussels Sprouts, broccoli, zucchini, red or white onion, peppers**
- 1/2 teaspoon each: **dried oregano, thyme, rosemary**
Black pepper to taste
- 4 ounces per serving of protein of your choice (if using)

- 1 Preheat oven to 425°.
- 2 Wash vegetables and remove skin as necessary, cut into large bite-size pieces. Lightly spray two cookie sheets with oil. Then add veggies, spray lightly and toss. Roast uncovered for 15 minutes.
- 3 Remove from oven, turn with spatula. Vegetables should still be firm but beginning to color. Sprinkle with herbs and pepper. Roast 10 more minutes or until tender.
- 4 If cooking a protein, add it on top of the vegetables for the last 10 minutes. Plate and serve (shown here with fish).

Per serving: 192 calories, 5g protein, 44g carbohydrate (9g fiber), 1g fat (0g sat, 1g mono/poly), 71mg sodium

*Serves 4
plus leftovers*

SEASONED COOK

If cooking meat, sear on both sides before adding to vegetables. Fish does not need searing.