

# Scrumptious Roasted Vegetables

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-beetroot-recipe>

## Ingredients:

- 1 eggplant medium, quartered and sliced into 1/2-inch pieces
- 1 large carrot sliced into 1/2-inch pieces on the diagonal
- 2 red onions medium, cut into 1/2-inch strips
- 1 red bell pepper cut into 1/2-inch strips
- 1 yellow bell pepper cut into 1/2-inch strips
- 2 beet medium / 1 large, root s, peeled, quartered and sliced into 1/2-inch pieces
- 1 butternut squash peeled, quartered and sliced into 1-inch pieces
- 15 Brussels sprouts cut in half or whole
- 1 zucchini sliced into 1/2-inch rounds
- 1/2 cup extra virgin olive oil good quality
- 2 tablespoons balsamic vinegar good quality, not overly sweet
- 1 tablespoon sherry vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons chopped fresh thyme finely
- 1 tablespoon Italian basil finely chopped fresh
- 5 garlic cloves pressed
- 1 teaspoon freshly ground black pepper
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper optional
- 1/2 teaspoon kosher salt plus more to taste

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 21 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 3 grams

6. SaturatedFat: 2 grams
  7. Sodium: 480 milligrams
  8. Sugar: 8 grams
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