

Roasted Vegetables

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/kingman-s-vegan-zucchini-bread-recipes>

Ingredients:

- 2 bell peppers medium, cored, chopped into 1-inch pieces, I used 1 red 1 yellow
- 2 medium carrots peeled and sliced into 1/4-inch thick slices
- 1 zucchini small, end trimmed, sliced through the length then cut into 1/2-inch pieces
- 1 broccoli medium, crown, cut into small florets, reserve stem for another use
- 1/2 red onion medium, peeled and cut into 1-inch chunks
- 2 tablespoons olive oil
- 1 1/2 teaspoons Italian seasoning
- 3 cloves garlic minced
- salt
- freshly ground black pepper
- 1 cup grape tomatoes optional
- 1 tablespoon fresh lemon juice

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 22 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 270 milligrams
8. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy Roasted Vegetables above. You can see more 19+ kingman's vegan zucchini bread recipes Savor the mouthwatering goodness! to get more great cooking ideas.