



Herb Roasted Zucchini and Carrots

Ingredients

- 2 heaping cups zucchini, sliced
- 1 heaping cup yellow squash, sliced
- 2 cups of carrots, sliced
- 1 tbsp chopped fresh oregano
- 2 tbsp fresh thyme leaves
- ½ tsp kosher or sea salt
- ¼ tsp black pepper
- 1 ½ tbsp extra virgin olive oil

Directions

1. Preheat the oven to 425 degrees F.
2. In a bowl, toss the sliced vegetables with olive oil, herbs, salt and pepper.
3. Spread vegetables evenly on a baking sheet and bake for 20-25 minutes, until crisp and brown.
4. Serve and Enjoy!

Healthy Tip: Olive oil is heart healthy fat!

Calories 94

Total Fat 6 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 284 mg

Total Carbohydrate 8 g

Dietary Fiber 3 g

Sugars 4 g

Protein 1 g