



Balsamic Roasted Vegetables

4 servings

30 minutes

Ingredients

- 4 Carrot (medium, peeled and chopped)
- 2 cups Broccoli (cut into florets)
- 1 cup Red Onion (chopped)
- 2 tbsps Balsamic Vinegar
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	64
Fat	0g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	61mg
Vitamin A	10475IU
Vitamin C	47mg
Calcium	53mg
Iron	1mg

Directions

- 1 Place the vegetables in a mixing bowl and drizzle with the balsamic vinegar and Italian seasoning. Season with sea salt and black pepper to taste. Let the vegetables marinate while preheating the oven.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Arrange the vegetables on the baking sheet in an even layer and roast for 25 to 30 minutes until tender, stirring halfway through.
- 4 Remove the vegetables from the oven and season with additional salt and pepper if needed. Transfer to a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup of roasted vegetables.

More Flavor: Add other dried herbs and spices like garlic powder, onion powder or paprika.

Vegetables: Ensure the vegetables are diced to approximately the same size for even cooking.