

One Pan Roasted Veggies & Potatoes

Do not forget, you need veggies in your life. Here is a tasty recipe that makes veggies exciting. High in fiber, complex carbs (thanks, potatoes), and vitamins + mineral for a nutritious, crisp side. Have alongside a lean protein of choice for a more complete meal or have these veggies as a snack. Feel free to mix up the veggie combination for anything in you like!

Ingredients:

1 lb	Brussels sprouts
1 large	Red bell pepper
½ cup	Banana pepper rings
½ lb	Asparagus
8 oz	Small red potatoes (any waxy potato will work)
4 cloves	Fresh garlic, minced
2 tbsp	Oil of choice (I use olive oil)
1 tsp	Black pepper, ground
2 tbsp	Ground mustard
2 tbsp	Balsamic vinegar or apple cider vinegar
Optional	1 lb lean polish sausage, sliced

Directions:

1. Preheat oven to 400 degrees F. Spray baking sheet with cooking spray.
2. Prep the veggies and potatoes. Trim and halve the brussels sprouts; deseed and cut red bell pepper into strips or rings; snap off asparagus ends and cut in half; halve red potatoes. If using the sausage like I did (for added protein), slice the polish sausage here as well.
3. Cut the garlic into chunky pieces. Set aside. I used pre-minced fresh garlic, so I could skip this step.
4. In a small bowl, mix the olive oil, pepper, and ground mustard. Toss with the garlic and prepped veggies + potatoes (and sausage if using sausage).
5. Evenly spread the veggies & potatoes on a large baking sheet. It should only be one layer, so use two baking sheets if needed.
6. Cook for 25 minutes. Remove from the oven to flip the veggies + potatoes with a spatula and drizzle balsamic vinegar over the top.
7. Return to the oven to cook for another 10-15 minutes or until the veggies are lightly charred and crisp.

Nutrition Facts:

Servings: 6 servings

Serving size: 1 serving/203 grams (not including optional sausage)

One Pan Roasted Veggies & Potatoes		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	130 kcal	6 %
Total Fat	5.5 g	8 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	19.9 mg	1 %
Total Carbohydrate	17.4 g	6 %
Dietary Fiber	5.4 g	22 %
Sugars	4.5 g	
Protein	5.3 g	11 %
Vitamin A	27 %	Vitamin C 163 %
Calcium	5 %	Iron 13 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		