



NEW BEGINNINGS ***Personal Training Studio***

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ROASTED VEGETABLES

Roasted vegetables are awesome. I typically make a whole pan of them (usually Sunday) and then keep them for a couple days. I eat them with protein at dinner, in omelets, on whole wheat type crackers with a little hummus, in a salad for lunch, and I even eat them for a snack with ½ cup of cottage cheese, etc. The beauty is I always have them available when I'm hungry and don't know what to pick at.

My Recipe:

- Cut up 1 eggplant (diced into approximately 1 inch squares)
- Cut up 2 yellow squash
- Cut up zucchini
- Cut up shitake mushrooms (or any mushrooms you prefer)
- Cut up ½ yam into small pieces (I usually cook the other half while the veggies are roasting)
- You can add peppers if you like (I'm allergic, so I leave them out)



1. Preheat oven to 450*
2. Spray pan with Pam or some other cooking spray
3. Put vegetables in pan sprinkling with garlic (crushed), pepper and salt
4. Cook for an hour and then check them. I usually stick them in for an extra 10 – 15 minutes.
5. Cool and put in a bowl in refrigerator

They are really delicious, no fat, and filling! Not to mention easy to cook and easy to store. Enjoy!!