

# Sheet Pan Roasted Veggies

Serves 8

## Ingredients:

3 cups cubed squash or sweet potato  
3 tablespoons extra-virgin olive oil  
4 cups broccoli florets  
2 red bell peppers, cut into squares  
1 large red onion, cut into chunks  
2 teaspoons Italian seasoning  
1 teaspoon coarse kosher salt  
¼ teaspoon pepper  
1 tablespoon balsamic vinegar



## Directions:

1. Preheat oven to 425 degrees F.
2. Toss squash or sweet potato and 1 tablespoon oil in a large bowl – spread out on baking sheet and roast for 10 minutes.
3. Toss broccoli, bell peppers, onion, Italian seasoning, salt, and pepper in the bowl with the remaining two tablespoons olive oil until the vegetables are evenly coated.
4. Add the squash or sweet potato back to the vegetables in the bowl – toss to combine.
5. Return all vegetables to the baking sheet and roast for 17-20 minutes.
6. Drizzle with vinegar and serve with your choice of grain and protein.

## Nutrition Information per serving:

Calories: 98, Total Fat: 5.5g, Saturated Fat: <1g, Unsaturated Fat: 4.7g, Cholesterol: 0mg, Sodium: 154 mg, Carbohydrate 11.4g, Fiber: 2.7g, Sugar: 3.8g, Added sugar: 0g, Protein: 2g

**SOURCE:** <https://www.eatingwell.com/recipe/262078/colorful-roasted-sheet-pan-veggies/>