

OVEN ROASTED VEGETABLES

This is the easiest, simplest, and tastiest Oven Roasted Vegetables you'll ever try. Perfectly seasoned and colorful, they are healthy and full of flavor!

Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins



4.54 from 13 votes

Course: Side Dish Cuisine: American

Keyword: oven roasted vegetables, roasted vegetables

Servings: 4 servings Calories: 225kcal Author: [Tania Sheff](#)

Ingredients

- 1/2 small butternut squash peeled and cut into 1/2 inch cubes
- 1 medium beetroot peeled and cut into 1/2 inch cubes
- 1 medium zucchini cut into 1/3 inch half-circles
- 1 medium summer squash cut into 1/3 inch half-circles
- 1 medium red onion peeled, quartered, and separated into pieces
- 1 large red bell pepper cut into medium pieces
- 1/4 cup of extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 tbsp. fresh rosemary finely chopped
- 1/2 tbsp. dried Italian herbs
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400 °F.
2. Place the vegetables onto a large, non-stick sheet pan (about 13x18 inches). Drizzle them with olive oil, balsamic vinegar, freshly chopped rosemary, and Italian herbs. Season with salt and pepper to taste.
3. Using your hands, mix all of the vegetables very well, so they are evenly coated with oil and seasoning. Spread the vegetables out in a single layer.
4. Bake for about 30 minutes, stirring once, halfway through cooking.
5. Garnish with fresh rosemary. Serve.

Notes

I suggest mixing the vegetables with the seasonings in a large mixing bowl first, and then spreading them on the parchment paper.

Nutrition

Calories: 225kcal | Carbohydrates: 23g | Protein: 3g | Fat: 14g | Saturated Fat: 2g | Sodium: 31mg | Potassium: 798mg | Fiber: 5g | Sugar: 10g | Vitamin A: 11200IU | Vitamin C: 78.6mg | Calcium: 86mg | Iron: 1.8mg

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During preparation, you can also add minced garlic and/or a squeeze of lemon juice.

All vegetables listed are not required for this recipe.

Additional or substitution vegetables that can be used are:

Mushrooms

Potatoes

broccoli

