

Basic Roasted Vegetables

Serves 4*

Ingredients:

- 1 (16 oz) package frozen mixed vegetables
- 1-2 tablespoons vegetable oil
- ½ teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon black pepper

Instructions:

Heat oven to 425 degrees Fahrenheit.

If using fresh vegetables, rinse and chop into 1-inch pieces.

Place vegetables in a mixing bowl. Add oil and seasonings.

Stir well and make sure all the veggies are covered evenly with oil and seasoning.

Spread onto a pan and roast in the oven for 15-20 minutes or until tender and browned.

Kcal: 104

Protein: 2 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

© 2021 Aeglea BioTherapeutics. All rights reserved.

aeglea.com

aeglea[™]