

# Roasted Vegetable Medley

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Makes four 1-cup servings. Prep Time: 15 minutes.

Cook Time: 35 minutes.

## Ingredients

- Nonstick cooking spray
- 1 c chopped baby carrots
- 1 c chopped eggplant
- 1 c chopped asparagus
- 1 tsp vegetable oil
- 2 cloves garlic, chopped
- 4 tsps dried basil
- 1 c chopped mushrooms
- 1 small zucchini, chopped

## Preparation & Serving

- Place an oven rack on the bottom of the oven. Preheat oven to 450 degrees.
- Spray a roasting pan with nonstick cooking spray
- Add carrots, eggplant, and asparagus to the pan. Drizzle with vegetable oil and toss until vegetables are lightly coated.
- Bake for 20 minutes.
- Spray a large pan with nonstick cooking spray and heat over medium heat.
- Sauté garlic and basil for about 2 minutes.
- Add mushrooms and zucchini and sauté until vegetables are tender, about 5 minutes.
- Add roasted vegetables to the pan and sauté 5 minutes more. Serve immediately.

