

Rosemary-Roasted Vegetables

½ lb fresh Brussels sprouts
½ lb fresh green beans
1 red bell pepper
2 tbsp olive oil
½ tsp salt
¼ tsp freshly ground black pepper
4 sprigs of fresh rosemary

1. Preheat oven to 425 degrees F.
2. Cut off brown ends of Brussels sprouts. Wash, drain and set aside.
3. Cut off both ends of green beans. Wash, drain and set aside.
4. Wash red bell pepper and cut into ½ inch strips.
5. Place Brussels sprouts, green beans, and red pepper in large bowl. Add olive oil, sprinkle with salt and black pepper. Then toss to combine evenly.
6. Line baking sheet with parchment paper.

7. Spoon vegetables onto parchment-lined baking sheet and arrange so they are evenly spaced.
8. Add rosemary sprigs throughout.
9. Roast for 35 to 40 minutes, until vegetables are crisp on the outside and tender on the inside, stirring vegetables a couple times to brown evenly.

Serves 4-5 (1 cup servings)

Nutrient Value (1 cup)

Calories: 87
Carbohydrate: 8 g
Protein: 2 g
Saturated Fat: 1 g
Fiber: 3.5 g

Nutrition Center
UI College of Public Health
www.uiowanutritioncenter.org