



# Roasted Vegetables

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Roasted vegetables have so many uses it's worth making a big batch at the start of the week.

Traffic light category: **Green**

## Ingredients

- Mixed vegetables: using what is in season or leftover from other recipes is a great way to keep costs down. Use any mix such as: red onion, sweet potato, pumpkin, capsicum, zucchini, carrots, and beetroot. You can also add cherry tomatoes in the last 5 - 10 minutes of roasting so they keep their shape
- Herbs of choice (if desired) such as basil, rosemary or thyme
- Olive oil spray.

## Method

1. Heat oven to 180°C
2. Line a large tray or baking dish with baking paper
3. Peel and chop vegetables so they are approximately the same size
4. Spray with olive oil spray
5. Roast vegetables in oven until they are tender but still hold their shape, stir through herbs if using
6. Once cooled transfer to an airtight container, vege will keep in the fridge for a 3 days.

## Uses

**Veggie Wrap:** Spread wrap with reduced fat mayonnaise, place vegetables, crumbled reduced fat feta and English spinach on half the wrap, roll tightly in grease proof paper, cut in half, wrap in glad wrap

**Home made pizza :** Cut a bread roll or English muffin in half, spread with tomato paste, top with roasted veg and a sprinkle of grated cheese. Roast in oven until golden.

**Roasted veg Turkish toastie**

**Salad pots served with mini dressing tubs.**



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