Sheet Pan Veggies

Servings: 4  Prep Time: 10 min  Cook Time: 25-35 min

**INGREDIENTS**

1/2 onion, chopped
1 potato, scrubbed under running water and diced
1 whole carrot, sliced into bite-size (~2-inch) rounds
1 cup broccoli florets (approx. 1/2 a head of broccoli)
1 cup zucchini, sliced into 1-inch rounds
1 flavor mix (choose from below options)

Balsamic: 2 Tbsp olive oil + 1 Tbsp balsamic vinegar + 1/4 tsp garlic powder + a pinch of salt and pepper
Italian: Curried: 2 Tbsp oil + 1 Tbsp curry powder + pinch of salt & pepper
DIY: 2 Tbsp oil + 1-2 Tbsp spices or herbs of choice

**PREPARATION**

Preheat oven to 400F. Line a large sheet pan with parchment paper or aluminum foil. In a small bowl, whisk together flavor mix of choice. Spread veggies out on sheet pan, drizzle flavor mix on top, and gently toss to coat. Spread vegetables into a single layer on pan.

Roast in oven for 25-35 minutes, or until tender. Flip veggies half way through. Veggies are done when the potatoes and carrots are easily pierced with a fork. Serve as a side with a grain and a protein for a satisfying and nutritious meal. Store leftovers in fridge for up to 5 days.

**Tips:** Feel free to leave out or swap any of the veggies depending on what you have available. Make it a meal by adding cubed pressed tofu, rinsed canned chickpeas, or cubed chicken breast.

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