



Herb Roasted Vegetables

Ingredients:

- 1 red bell pepper
- 1 (8 ounce) package sliced mushrooms
- 1 cup green beans, cut into 2-inch pieces
- 1/3 cup diced red onion
- 3 garlic cloves, sliced
- 2 tsp olive oil
- ½ tsp dried basil
- ½ tsp dried tarragon

Directions:

1. Preheat oven to 425° F.
2. In a medium bowl, mix the red pepper, mushrooms, green beans, red onion, and garlic. Drizzle with the olive oil. Toss to coat.
3. Add the herbs and toss again.
4. Place the vegetables in the oven or air fryer basket.
5. Roast for 14 to 18 minutes, or until tender. Serve immediately.

Servings: makes 2 servings.

Each serving = 1 cup select vegetables, 1 cup occasional vegetables, daily healthy fat.

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