

RECIPE

Hero Vegetable: Zucchini

GARLIC ROASTED ZUCCHINI, SQUASH, AND RED ONION

Ingredients

Ingredients 2 zucchini cut in large dice 2 yellow squash cut in large dice 1/2 red onion sliced thin 4 cloves minced garlic olive oil 1 red bell pepper, julienned (optional) salt and pepper to taste

Directions

Preheat oven to 350 F degrees. In a large bowl, combine the zucchini, yellow squash, red onion, and garlic. Pour in enough olive oil to just coat all the vegetables, about a quarter cup. Add julienned red bell pepper for added flavor and color. Spread the vegetable mixture onto a lined sheet tray and sprinkle with salt and pepper to taste. Roast in the oven for 15-20 minutes.