

Herb-Roasted Vegetables

**Prep Time:**

10 min

Total Time:

50 min

Makes:

6

5 cups cut-up assorted vegetables (carrots, onions, parsnips, rutabagas and turnips)

1/3 cup Zesty Italian Dressing

1/3 cup 100% Parmesan Grated

HEAT oven to 450°F. Toss vegetables with dressing and cheese.

SPREAD into lightly greased foil-lined 15x10x3/4-inch pan.

BAKE 40 to 45 min. or until vegetables are tender, stirring occasionally.

Nutritional Information

Calories 100
Cholesterol 5 mg
Dietary fibre 2 g
Vitamin A 35 %DV
Iron 4 %DV

Total fat 4.5 g
Sodium 270 mg
Sugars 6 g
Vitamin C 20 %DV

Saturated fat 1.5 g
Carbohydrate 13 g
Protein 3 g
Calcium 8 %DV

Use Your Barbecue

Toss vegetables with dressing and cheese, then spread into prepared pan as directed. Grill over medium heat 40 to 45 min. or until vegetables are tender, stirring occasionally.
20 %DV

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