

LUNCH OR DINNER — SIDE DISH

Roasted Vegetables

About 1 cup per serving

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 80	

Ingredients

- Vegetables of your choice, cut into bite-sized pieces
- 1–2 Tbsp olive oil
- Seasonings of your choice

Directions

1. Cut the vegetables into bite-sized pieces and place on a baking pan.
2. Drizzle with olive oil and add your preferred seasonings.
3. Bake at 375°F until the desired tenderness is reached.

Note: A flexible method — works with almost any vegetable, and roasted veg can be added to salads, soups, tacos, and grain bowls. Rating reflects a typical ~1 cup portion.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ Vegetables of your choice bite-sized pieces

PANTRY & DRY GOODS

- ☐ Seasonings of your choice

CHECK YOUR PANTRY

- ☐ Olive oil