

Simple Roasted Asparagus and Mushrooms Serves: 4

Preheat oven to 400 degrees. Grease a large baking sheet.

1 lb	fresh asparagus , stem ends trimmed and cut into 2-inch pieces	Add to a large bowl and stir to combine.
8 oz	mushrooms , sliced or quartered	Spread the vegetables onto the greased baking sheet in a single layer.
2 Tbsp	olive oil	Roast for 10 minutes.
1/2 tsp	salt	
1/2 tsp	black pepper	Serve and enjoy!

Nutrition Information for 1 cup:

Calories: 95 • Fat: 7 g • Sat Fat: 1 g • Chol: 0 • Fiber: 3 g • Protein: 4 g • Total Carb: 6 g • Sugars: 3 g • Sodium: 200 mg

Seasoned Roasted Potatoes and Brussels Sprouts Serves: 4

Preheat oven to 400 degrees. Grease a large baking sheet.

2 medium	sweet potatoes (or regular potatoes), cut into bite-sized pieces, no need to peel	Place in a large bowl and stir to combine.
1 lb	fresh Brussels sprouts , stem ends trimmed and halved lengthwise	Spread the potatoes and Brussels sprouts onto the greased baking sheet in a single layer.
2 Tbsp	olive oil	
2 tsp	onion powder	Roast for 15 minutes, and then toss to stir, and roast another 10-15 minutes. (Potatoes and Brussels sprouts should be tender when pierced with a fork.)
1 tsp	garlic powder	
1 tsp	dried oregano	
1 tsp	dried thyme	Serve and enjoy!
1/2 tsp	each salt & black pepper	

QUICK TIP: For more great roasted vegetable combinations, visit EatRealAmerica.com.

Nutrition Information per 1 1/4 cups:

Calories: 175 • Fat: 7 g • Sat Fat: 1 g • Chol: 0 mg • Fiber: 7 g • Protein: 5 g • Total Carb: 25 g • Sugars: 5 g • Sodium: 260 mg