

## **ROAST VEGETABLES**

6 3oz potatoes, scrubbed, halved

6 carrots. Peeled and chunked  
onion if desired

1 beef bouillon cube and 1 chicken bouillon cube dissolved in  $\frac{1}{2}$  cup water

2 tsps oil

fresh or dried herbs as desired

$\frac{1}{4}$  tsp pepper

1. Heat oven to 425 degrees. Spray 13 x 9 x 2-inch pan with vegetable oil spray.

Add vegetables, oil, herbs,  $\frac{1}{2}$  cup water with bouillon, and black pepper; toss to coat all ingredients.

2. Roast in 425 degree oven, stirring occasionally, for 45 minutes to 1 hour or until potatoes are pierced easily with a knife.

Servings: 6

Calories: 118

Exchanges: 1 starch and 1 vegetable