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 ½ cup water
2 tsps oil
fresh or dried herbs as desired
¼ tsp pepper
1. Heat oven to 425 degrees. Spray 13 x 9 x 2-inch pan with vegetable oil spray.
Add vegetables, oil, herbs, ½ 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