Garlic Roasted Mushrooms and Zucchini

INGREDIENTS:
1. Tablespoon fresh parsley or 1 teaspoon dried (optional)
2. 8 ounces mushrooms cut in half
3. 1 zucchini, sliced in wedges
4. 4 cloves garlic, minced or ½ teaspoon garlic powder
5. 1 Tablespoon olive or vegetable oil
6. 1 teaspoon Italian seasoning
7. 1/8 teaspoon salt
8. 1/8 teaspoon pepper

DIRECTIONS:
1. Preheat oven to 400 degrees.
2. Chop parsley and set aside.
3. Place mushrooms and zucchini in a medium sized bowl.
4. Add oil, garlic, Italian seasoning, salt, and pepper to bowl. Toss to evenly coat.
5. Pour mixture onto foil or baking sheet.
6. Roast in oven for 15-20 minutes, flipping veggies half way. Sprinkle with parsley when done and mix well.

MUSHROOM TIPS:
• Choose firm, dry plump mushrooms.
• Store them in the fridge for up to a week.
• Prepare by roasting, baking, grilling, or adding them raw to a fresh salad. Always wipe away dirt before use.

SERVING SIZE: ½ cup
SERVINGS: 4
PREPARATION TIME: 10 minutes
COOK TIME: 20 minutes

NUTRITION FACTS:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>56</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>56</td>
</tr>
<tr>
<td>Total fat</td>
<td>4g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>68mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
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<tr>
<td>Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugar</td>
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</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Phosphorus</td>
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<tr>
<td>Potassium</td>
<td>326mg</td>
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</tbody>
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EQUIPMENT NEEDED:
• Cutting board
• Knife
• Mixing bowl
• Measuring spoons
• Baking sheet

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org