

# Garlic Roasted Mushrooms and Zucchini

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

## INGREDIENTS:

- 1 Tablespoon fresh parsley or 1 teaspoon dried (optional)
- 8 ounces mushrooms cut in half
- 1 zucchini, sliced in wedges
- 4 cloves garlic, minced or ½ teaspoon garlic powder
- 1 Tablespoon olive or vegetable oil
- 1 teaspoon Italian seasoning
- 1/8 teaspoon salt
- 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.

## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>56</b>
<b>Total fat</b>	4g
Saturated fat	1g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	68mg
<b>Total Carbohydrate</b>	4g
Fiber	1g
Sugar	0g
Includes 0g of Added Sugars	
<b>Protein</b>	3g
<b>Phosphorus</b>	72mg
<b>Potassium</b>	326mg

## 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](http://healthyshelves.org)