



Roasted Vegetables

Instructions:

Line an 11 x 17 cookie sheet with foil and coat with 6 seconds of Pam.

Line the vegetables on the sheet and coat the vegetables with another 3 seconds of Pam.

Pour the soy sauce and vinegar over the vegetables and toss them.

Bake on 350 for 30 minutes.

Unlimited on the lean protein diet

Prep Time:

5 minutes

Cook Time:

30 minutes

Ingredients:

1 bag mini
tricolored peppers

16 oz. small white
mushrooms

3 shallots - quartered

18 oz. cherry tomatoes

1/3 cup soy sauce

1/3 cup white vinegar

Pam