

Parmesan Crusted Roasted Veggies

Nutrition Facts:	
Yield	2
Calories	50
Fat	1 g
Sodium	25 mg

Code
\$, Q, V



Ingredients Needed:

- 1 can mixed veggies
- 1 tsp. extra virgin olive oil
- 2 Tbsp. bread crumbs
- 2 Tbsp. shredded parmesan

Recipe Directions:

- Spray baking sheet with non-stick cooking spray, then arrange vegetables in a single layer.
- Evenly spread olive oil and parmesan mixture over vegetables, then sprinkle with bread crumbs.
- Bake 15 minutes or until vegetables are tender and golden brown.

