

Roasted Summer Squash and Zucchini

- 2 small yellow summer squash, chopped into 1/2 inch pieces
- 2 small zucchini, chopped into 1/2 inch pieces
- 1/2 cup red onion, roughly chopped
- 1 tablespoon olive or avocado oil
- 2 cloves garlic, minced
- Himalayan sea salt and pepper to taste



1. Preheat oven to 425°F.
2. Place squash, zucchini, onion, garlic and oil in a large bowl. Toss until the veggies are coated. Liberally sprinkle on salt and pepper and toss once more.
3. Spread mixture out on a large rimmed baking sheet and roast for 30 minutes, tossing once around the 15 minute mark.
4. Remove from oven and serve warm with protein of your choice & a cup of fruit for a complete meal.

Makes 2 servings.

Serving size: 1 cup cooked vegetables

Enjoy with 3 oz protein & 1 cup of on plan fruit for a complete meal.

