

Garlic Roasted Mushrooms and Zucchini

Match 2020

Harvest of
the Month 

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



SERVING SIZE: ½ cup

SERVINGS: 4

PREPARATION TIME: 10 minutes

COOK TIME: 20 minutes

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.

EQUIPMENT NEEDED:

- Cutting board
- Knife
- Mixing bowl
- Measuring spoons
- Baking sheet

Nutrition Facts

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