

Weight Watchers Roasted Vegetables (Weight Watchers)

4 sprays olive oil cooking spray, divided
2 medium sweet red peppers, seeded and quartered
1 medium green pepper, seeded and quartered
1 medium summer squash, halved lengthwise
1 medium zucchini, halved lengthwise
1 c. red onions, sliced
12 oz. canned artichoke hearts, without oil, drained
1 t. dried thyme
½ t. salt
¼ t. black pepper, freshly ground

Preheat oven to 450°. Coat 2 large baking sheets with cooking spray.

Arrange peppers, squash, zucchini, onion and artichokes on prepared baking sheets, flesh side up, and coat vegetables with cooking spray; sprinkle with thyme, salt and black pepper.

Roast until vegetables are tender and golden brown, shaking pan once or twice during cooking, about 20 to 25 minutes. Chop vegetables into bite-size pieces and serve.

Note: you can chop them up and toss the vegetables into cooked pasta and rice dishes.

Core Recipe 0 points