

Foodnity Recipes

Garlic Herb Roasted Potatoes with Carrots & Zucchini

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb potatoes, cubed
- [ ] 2 large carrots, sliced
- [ ] 2 medium zucchini, quartered
- [ ] 4 cloves garlic, minced
- [ ] 3 tbsp olive oil
- [ ] 1 tsp fresh rosemary, chopped
- [ ] 1 tsp fresh thyme, chopped
- [ ] Salt and pepper to taste

Finishing Touches

- [ ] 1 tbsp fresh parsley, chopped
- [ ] 1 tsp lemon juice

Instructions

1. Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment.
2. In a big bowl, combine potatoes, carrots, and zucchini with olive oil, minced garlic, rosemary, thyme, salt, and pepper; toss until everything is evenly coated.
3. Spread the vegetables in a single layer on the prepared sheet, making sure they aren't crowded.
4. Roast for 20 minutes, then stir gently with a spatula to turn the pieces.
5. Continue roasting another 15-20 minutes, or until potatoes are golden and carrots are tender.
6. Remove from the oven, drizzle lemon juice, and sprinkle fresh parsley over the top.
7. Serve hot, perhaps alongside a simple green salad or as a hearty side to grilled fish.

Nutrition per serving

280 kcal	5 g	38 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a sweeter note, try adding a drizzle of honey during the last five minutes.
- For extra crunch, sprinkle a handful of toasted pine nuts before serving.
- Remember, the key is high heat; lower temperatures yield softer vegetables.