

Easy Roasted Vegetables

Serves: 4 | **Prep Time:** 30 Min | **Cook Time:** 15 Min | **Difficulty:** Easy



INGREDIENTS

- 1 large Red Pepper
- 3 medium Zucchini
- 1/4 cup (32 grams) Extra Virgin Olive Oil
- 12 ounces (350 grams) Bread Crumbs
- 1 teaspoon Oregano
- 1 teaspoon Red Pepper Flakes (optional)
- Salt and Pepper to taste

NOTES

This is only an appetizer, so you can easily pair this with a protein like Chicken or Fish.

DIRECTIONS

1. Preheat the oven to the roasting setting. My oven gets set to **MAX**, but you can use a medium broiling setting. All ovens are different, so you will need to watch as the vegetables cook to avoid having the breadcrumbs burn.
2. Clean, de-seed and slice the red pepper and zucchini into strips approximately 1/4 inch thick. I recommend using a mandolin because cutting the veggies evenly by hand will be difficult.
3. Pour the bread crumbs into a larger bowl and add the oregano, red pepper flakes (optional), salt and pepper to the bowl and mix thoroughly.
4. Slowly add the olive oil to the bowl, but make sure not to add too much. This will vary depending on the moisture in your bread crumbs with the goal being to only add as much as the crumbs can absorb without a puddle of oil forming in the bottom of the bowl.
5. Add the veggies, skin side down, to the baking dish and add salt and pepper to taste.
6. Cover the veggies with the bread crumbs evenly.
7. Add to the oven for around 15-20 minutes. Again, since all ovens are different you should watch as the vegetables cook to avoid having the breadcrumbs burn.
8. Once the bread crumbs are well toasted, remove the pan from the oven and serve the vegetables immediately.