

Broiled Veggies with Ginger

½ pound asparagus, washed and stems removed, cut in half
16 oz sliced baby Bella mushrooms, washed
1 small yellow squash, cut in 1 inch circles
1 small zucchini squash, cut in 1 inch circles
2 tsp olive oil
Sea salt (optional)
Pepper
2 tsp ground ginger

Combine olive oil, salt, pepper and ginger and large bowl. Add vegetables and stir to coat vegetables. Place in oven on broil for 10 minutes. Remove and Serve.

Serves 4.

Calories 70 Fat 2.5g Sat Fat 0g Carbohydrate 8g Fiber 3g Protein 4g Sodium 10mg