

Roasted Vegetable Salsa

From the University of Illinois Extension Services: Recipes for Diabetes
[http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=Roasted Vegetable Salsa](http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=Roasted+Vegetable+Salsa)

Ingredients

- 2 cups chopped tomato
- 1 ½ cups chopped summer squash
- 1 ½ cups chopped zucchini squash
- ½ cup chopped green pepper
- ½ cup chopped onion
- 2 tsp. olive oil
- ¼ tsp. thyme
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- ¼ tsp. dried dill weed.
- Cooking spray

Instructions

1. Preheat oven to 400 degrees.
2. Spray a 7x11 inch glass pan with cooking spray.
3. Toss ingredients lightly in bowl and pour into pan. Roast for 55-60 minutes.
4. Serve warm or chilled, as a snack or appetizer, or as a vegetable dish.

Make 12 servings

Nutrition information per serving:

| | |
|---------------|-------|
| Calories | 21 |
| Carbohydrates | 3 g |
| Dietary Fiber | 1 g |
| Protein | 1 g |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 27 mg |

