

## Chef Carol D's Roasted Vegetable Tacos

Serves 4

### Ingredients:

- 1 small onion
- 1 green bell pepper
- 1 red bell pepper
- 2 cups, chopped butternut squash
- 1 small zucchini
- 8 asparagus spears
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons dried oregano
- 2 teaspoon cumin
- 2 tomatoes, chopped
- Soft taco tortillas
- Low-fat sour cream, or plain yogurt
- Low-fat cheddar cheese
- salsa



### Directions:

Preheat oven to 350 degrees F. Spray a large baking sheet with olive oil.

Chop all vegetables into ½ inch cubes, toss with the extra-virgin olive oil and spread evenly on baking sheet. Sprinkle with oregano and cumin, or may substitute 1 tablespoon of favorite taco seasoning.

Bake in oven until vegetables are soft, about 20-25 min, stirring half way through.

Meanwhile, chop tomatoes and warm soft tortillas in oven or microwave.

Fill warmed tortillas with vegetable mixture & top with salsa, sour cream & cheese.

Serve with Pinto & Black Bean dip and tortilla chips & enjoy!!