



CRISPY ROASTED VEGGIES

Ingredients:

1. 4 cups of favorite diet compliant veggies and spices.
2. One packet Diet Right Cheese Dip, unprepared in powder form

Directions:

1. Pre-heat oven to 425 degrees.
2. Cut veggies into equal sized pieces and pat them dry. (This will help avoid clumping with the cheese dip).
3. Add packet cheese dip unprepared
4. Toss the veggies evenly to coat and spread them in a single layer on a large, rimmed baking sheet.
5. Roast until fork-tender and crispy, 20-40 minutes depending on which veggies you use.

Servings: makes 2 servings.

Each serving = 2 cups veggies