



# Roasted veggies with goat cheese & home made Pesto

## INGREDIENTS for Roasted Veggies

- 8 oz mushrooms
- 1 onion
- 1 zucchini
- 1 yellow or red pepper
- 1 cup of kale, chopped
- Chevre goat cheese
- olive oil, about 1/4 c
- salt/ pepper

## INSTRUCTIONS

chop up all veggies in bite size pieces, broil at 450\* for about 30 minutes until if you like them a little brown around the edges.

If you like them more juicy and tender, bake at 400\*f for 20-30 minutes

Sprinkle with goat cheese and pesto

Store in the fridge and heat up for a side dish later, top a salad with them, or eat them as a full meal.

## INGREDIENTS for Home made Pesto

- 2 c fresh basil leaves
- 1/3 c olive oil
- 1/3 c toasted pine nuts
- 1 1/2- 2 c shredded parmesan cheese
- 2 T water
- salt
- 1 clove garlic (optional)

Just put everything in a food processor and enjoy on everything from everything to veggies, keto sandwiches, salads, and noodles!

Calculated without the goat cheese, but 1 oz of chevre is:  
1g carb, 70 calories, 6g fat and 5g protein

### Macros for Veggies

12 servings  
calories 63  
net carbs 2g  
protein 1g  
fat 5.5g

### Macros for Pesto

6 servings/ 2 T  
calories 225  
net carbs 1.5g  
protein 10g  
fat 20g