

Vegetables Short Video #3: Seasoned Roasted Vegetables CC

I'm making roasted vegetables with our salt-free seasoning blend. By choosing fresh or sodium-free frozen and canned vegetables versus pre-seasoned options, you significantly reduce the sodium.

I am going to use the salt-free seasoning blend on my frozen broccoli and cauliflower to maximize and layer flavors. Try this with any of your favorite vegetables! This recipe is ideal for batch cooking, you can serve the veggies with just about any meal or as a side dish during the week.

Find more tips at [MyPlate.gov](https://www.MyPlate.gov).