

Oven-Roasted Frozen Vegetable Mix



No time to chop veggies for dinner? No problem! With this ultra-simple recipe, all you need is a bag of frozen mixed vegetables and a few seasonings to achieve perfectly roasted vegetables. Oven-roasting gives them a fresh-cooked texture and flavor—without any extra effort!

Preparation 5 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 60

Fat 1

Carbohydrates 11

Fibre 4

Protein 3

Sodium 70

Ingredients

- 675 g (1 bag) frozen California-style vegetable mix (cauliflower and broccoli)
- 500 g (1 bag) frozen bell pepper and onion mix
- Olive oil spray
- 15 ml (1 tbsp) nutritional yeast (optional)
- Salt and pepper, to taste

Preparation

1. Preheat the air fryer to 400°F (200°C).
2. Place the frozen vegetables in the air fryer basket. Lightly spray with olive oil or drizzle a small amount. Season to taste.
3. Toss the vegetables in the basket to evenly distribute the oil and seasonings.
4. Cook for 20–25 minutes*, checking periodically to achieve the desired texture based on vegetable size.
5. Stir the vegetables once or twice during cooking for even roasting, and drain any excess water if needed.

Notes

Keeps for up to 5 days in an airtight container in the refrigerator.

*Cooking time is approximate and may vary depending on your air fryer, the quantity of vegetables, and their size. Begin checking at 15 minutes, stirring as needed for even cooking.



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