



ROASTED ROOT VEGETABLES

PREP TIME: 10 minutes **COOK TIME:** 20-30 minutes

INGREDIENTS

- Salt
- Pepper
- Garlic
- Optional: Balsamic vinegar
- Suggested vegetables: onions, carrots, potatoes, sweet potatoes, beets, winter squash-butternut and acorn, cauliflower, broccoli, parsnips, Brussels sprouts, mushrooms, garlic

INSTRUCTIONS

1. Prep cooking pan

- Use a roaster pan or rimmed baking sheet large enough to spread a single layer of vegetables
- Layer bottom of pan in vegetable oil or cooking spray

2. Prep veggies

- See ingredients for vegetable suggestions
- Cut suggested veggies into equal-size pieces and toss them with vegetable oil to reduce pan sticking

3. Add flavor

- Add salt, pepper and garlic powder
- Optional post-cooking flavor: balsamic vinegar

4. Roast vegetables

- Pre-heat oven to 450 degrees F
- Place uncovered pan on the lower third of the oven
- Cook time: 20-30 minutes, check every 10 min
- Roast until golden brown and easily pierced with fork
- Serve