



Ingredients

- Any variety of root or cruciferous veggies such as:
- Broccoli
- Asparagus
- Cauliflower
- Carrots
- Potatoes
- Squash (acorn, butternut, zucchini)
- Brussels sprouts

Roasted Vegetables

Preparation

1. Preheat oven to 400-425* (roots, spouts and squashes can cook on higher temps)
2. Clean and chop veggies into bite sized or bigger pieces
3. Drizzle with olive oil and season according to taste (salt, garlic salt, pepper, cumin, paprika, rosemary, etc)
4. Stir to coat well and arrange on a baking sheet evenly.
5. Roast for 10-20 minutes, checking frequently for doneness, according to liking.

Tips

Additional toppings can include parmesan cheese, red pepper flakes, cinnamon, ginger, garlic, thyme. There's no wrong way to season or combine. Find what your family enjoys and develop a variety of mixtures.

Kale can also be roasted but can be difficult to combine while with denser foods. Roast kale at 425 for 5-8 min or until crisp.

Use these powerful foods as a side dish for meats and wraps, or as a main course!