

Roasted Vegetables with Caraway Seeds
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About 1-1/2 lbs of firm vegetables (any one or any combination): Brussels sprouts - trimmed & halved, Carrots - peeled & sliced to 1/4" thick, Broccoli - small flowerettes, Cauliflower - small flowerettes, Beets - peeled & sliced to 1/4" thick

1/4 cup extra virgin olive oil

1 tsp caraway seeds

sea salt & freshly ground black pepper

1. Preheat oven to 450°
2. In a large bowl, toss vegetables with olive oil, about 1/2 teaspoon salt, and a few grinds of pepper. Transfer to a large rimmed baking sheet and arrange in a single layer.
3. Roast on center rack of oven for 10 minutes. Remove from oven, sprinkle with caraway seeds, and toss. Arrange again in a single layer and roast for about 10 minutes more, until vegetables are crisp-tender and browned in spots.

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