

Roasted Vegetables

Ingredients:

- Raw vegetables - brussels sprouts, potatoes, sweet potatoes, carrots, broccoli, cauliflower, asparagus, mushrooms, cherry tomatoes - let your imagination be your guide!
- 3 Tablespoons Olive oil (or coconut oil, depending on what you are roasting)
- ½ teaspoon chopped garlic (optional)
- Salt (to taste)

Directions:

Preheat oven to 400 degrees. (A higher or lower temperature can be used, just adjust the time accordingly.)

Cut your vegetables into somewhat uniform bite-sized pieces. Put oil, garlic and cut veggies into a plastic bag and shake to coat all the pieces. I like a mixture, so I start off with the things that take the longest - brussels sprouts, broccoli, cauliflower, carrots, potatoes, etc.- and put them in to roast about 10-15 minutes before adding the quicker-cooking items - mushrooms (cut in half), cherry tomatoes, onion wedges, etc. Pour onto a heavy cookie sheet or oven-proof pan large enough to let everything spread out without being crowded. Roast for 15-20 minutes, take out and turn to other side, then return to oven for another 15-20 minutes. Sprinkle with a little salt and dig in!