

Recipe for: Roasted Vegetables

Ingredients:

4 medium sweet potatoes, quartered
1 medium yellow squash, 2-3" slices, then cut in half
1 medium zucchini, 2-3" slices then cut in half
1 large red pepper
2 medium large shallots, cut in half
3 Tbsp olive oil
2 tsp crushed rosemary
coarse salt and coarse pepper
sprinkle of garlic powder

Preparation:

Preheat oven to 450 degrees.

Line cookie sheet with parchment paper and spray with cooking spray.

Toss all veggies in a large ziploc bag, add spices. Zip & shake.

Arrange vegetables on parchment paper in a single layer.

If there are too many for a single layer then use second cookie sheet.

Roast until vegetables are tender and beginning to brown (40 to 50 minutes).

Alternate Veggie options: butternut squash, baby carrots, cauliflower, green pepper, mushrooms.