

Roasted Vegetables

Ingredients

STARCHY VEGETABLES (adjust with season/availability)

- 2 whole carrots, halved lengthwise and chopped into large bites
- 2 parsnips, peeled and diced
- 1 large sweet potato, sliced into 1/4-inch rounds

NON-STARCHY VEGETABLES (adjust with season/availability)

- 2 cups Brussels sprouts, halved
- 1 red onion, sliced
- 1 cup red or green cabbage, thinly sliced
- 1 bell pepper, thinly sliced lengthwise
- 2 cups chopped cauliflower
- 1 zucchini or yellow squash, sliced into 1/4-inch rounds
- Sea salt to taste (~1/2 tsp)
- 1 1/2 tsp. onion powder
- 1 1/2 tsp. garlic powder or roasted garlic cloves
- 1 T fresh rosemary
- 1 T fresh thyme

Instructions

1. Preheat oven to 375 degrees F (190 C) and line two baking sheets with parchment paper.
2. Cook starchy vegetables (carrots, parsnips, sweet potatoes) in microwave for 3-5 minutes until just starting to soften. A knife should easily pierce the vegetables but not easily slide all the way through. You're looking for them to be moist and slightly tender.
3. Transfer all the vegetables to the baking sheets. Season to taste with salt and spices, and toss to coat.
4. Bake for a total of 20-30 minutes or to desired doneness, turning vegetables every 10 minutes until vegetables are tender and slightly browned. Just watch the oven closely and check for doneness.