

Oven Baked Veggies!!

Ingredients:

- 1lb of preferred Veggie or 1lb mix of Veggies
- 1/3 tbsp Olive or Avocado Oil
- 1 tsp Garlic Powder
- 1/4 tsp Black Pepper



Directions

1. Preheat oven to 425°F.
2. Chop veggies. For asparagus, trim the stems and cut asparagus to desired size. For bell peppers, carrots, and green beans, cut stem and tips then cut to desired size. For broccoli and cauliflower cut into florets by chopping off the stem and cutting head into bite sized pieces. For brussels sprouts cut the stem off and cut in half or quarter.
3. Put veggies in a large bowl then toss with oil, garlic powder, and pepper. Add 1/2 tsp of other seasonings if desired. See table below for ideas!
4. Place tossed veggies on baking sheet in a single layer.
5. Cook for about 20 minutes until lightly brown. See table below.

Veggie	Cook Time	Seasonings	Veggie	Cook Time	Seasonings
Asparagus	15	Lemon, Dill, Balsamic Vinegar	Carrots	25	Dill, Parsley, Cinnamon
Bell Peppers	25	Cilantro, Thyme	Cauliflower	25	Rosemary, Thyme
Broccoli	20	Lemon, Thyme	Green Beans	20	Onion Powder
Brussels Sprouts	20	Honey, Balsamic Vinegar	Okra	20	Cajun Seasoning, Aioli, Cayenne