

MRS. CHLOE'S ROASTED VEGGIES

Choose multiple carb-free veggies/starchy veggies below. Wash and chop them into bite-sized pieces. Toss veggies with 1 cup of balsamic dressing and desired seasonings. Marinate anywhere between 30 minutes to overnight. When ready to eat, roast vegetables until tender in the oven at 350°

ENJOY!

Ingredients



Red Onion



Red Potatoes



Mushrooms



Sweet Potato



Brussel Spouts



Carrots



Acorn Squash



Butternut Squash



Parsley Flakes



Paprika



Thyme



Rosemary



Garlic Powder



Balsamic Dressing



Keep a couple "go-to" seasonings on hand, and aim to try a variety of veggies from week to week!

"God is glorified when we take care of our bodies, eating clean and healthy! Enjoy!" Mrs. Chloe