



Oven Roasted Vegetables

Ingredients

Vegetable of choice eg asparagus,
broccoli, beets, Brussels sprouts or a mix
1 Tbsp. olive or canola oil
½ tsp. garlic powder
¼ tsp. salt
⅛ tsp. black pepper

Equipment:

Colander
Knife
Vegetable peeler
Cutting board
Large bowl
Large baking sheet
Aluminum foil or parchment
paper
Measuring cups (dry)
Measuring spoons
Mixing spoon

Directions

1. Preheat oven to 400°F. Wash the vegetables in colander and drip dry.
2. Prep the vegetables as below:
 - Asparagus: Remove the woody end (opposite to the tip) by bending the stalk until it finds a natural breaking point
 - Broccoli: Cut into 1 1/2" florets, including peeled stems
 - Beets: Remove the tops/leaves and the stringy root. Peeling them is not necessary as the peel adds extra fibre, cut into 1" pieces
 - Brussel sprouts: Cut off the stem, remove any outer leaves that are wilted, cut in half
3. In a large bowl, combine all of the ingredients and toss to combine. Place a large baking pan lined with parchment paper. Alternatively, you can toss them right on the tray.
4. Bake in the oven until golden brown, timing will vary based on the vegetable chosen. Watch them closely, checking periodically to prevent burning.
 - Asparagus 12-15 min
 - Broccoli 15 min
 - Beets 35-40 min
 - Brussel sprouts 30-35 min