

Roasted Mixed Vegetables



ROASTED MIXED VEGETABLES

ingredients

1 cup chopped root vegetables like onions, beets, or carrots
2 cups chopped flower vegetables like broccoli or cauliflower
1 cup chopped stem vegetables, like celery, asparagus, broccoli, or cauliflower stems
1 cup chopped fruit vegetables like tomatoes, summer squash, zucchini, or bell peppers
2 tablespoons olive oil
Salt and pepper to taste or any other preferred seasoning
¼ dry seeds like pumpkin, sunflower
½ cup seeds like chopped beans or defrosted frozen peas
3 cups tender leaves like spinach or baby kale

directions

Preheat the oven to 400 degrees. Pick your favorite combination of plant parts, you don't have to use them all. Use what you have.

In a large bowl or right on a large sheet pan, combine vegetables with olive oil and seasonings. Roast on a large sheet pan for 25-35 minutes or until tender.

Once cooking is complete, add roasted vegetables to a large bowl with leaves and toss until well combined. Top with seeds and serve.

notes

For extra protein, serve with lean meat like chicken!