

From Kathryn's Kitchen
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Roasted Vegetables

Prep Time: 10-20 minutes

Cook Time: 30-45 minutes

Ingredients:

- Celery
- Carrots
- Egg Plant
- Tomatoes
- Bell Pepper
- Sweet Potato
- Brussels Sprouts
- Leeks and/or Onions
- White Button Mushrooms
- Zucchini and/or Yellow Squash
- Head of Broccoli and/or Cauliflower
- Minced Garlic
- Extra Virgin Olive Oil
- Turmeric, Black Pepper, Chia Seeds, Ground Flax Seeds



Directions:

Pre-heat oven to 400°. Wash and cut vegetables into bite sized pieces. In a large mixing bowl toss vegetable bites with minced garlic and extra virgin olive oil. Place in a large stainless steel baking pan. Roast vegetables at 400° for 15-20 minutes, stir and roast another 15-25 minutes or until tender. Divide into freezer containers (2 cups each) and freeze. Move to refrigerator day before reheating.

To Serve: re-heat individual servings as needed, sprinkle with Turmeric, Black Pepper, Chia Seeds, and Ground Flax Seeds. Enjoy!!



*Enjoy,
Kathryn*

