

Julie's Oven-Roasted Vegetables

Yield: 8 servings

Prep time: 20 minutes

Total time: 60-70 minutes

INGREDIENTS

- cauliflower** | 1 large head, cut into florets
zucchini | 2 medium, sliced 1" thick
carrots and/or parsnips | 3-4 medium each, peeled, sliced
red onion | 1, quartered and sliced
asparagus | 1 bunch, cut into 1" pieces
sweet, Yukon or red potatoes | 2, cubed
roasted garlic (or fresh) | 1-2 Tbsp., minced
rosemary, thyme, parsley | 1-2 tsp each, dried or fresh
grapeseed, avocado, or olive oil | ~1/3 cup or to taste (cold/first-pressed)
Himalayan salt | 1 teaspoon
fresh ground pepper | to taste

****You can substitute or add any veggie per your taste and preference - Make it your own!**

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Prepare all veggies as specified and place in a very large mixing bowl.
3. Add in the garlic, herbs of choice, oil, vinegar, and salt/pepper. Stir until veggies are coated well



4. Spread veggies evenly on the pan. At this point you can add additional seasoning, salt, etc. if you desire.
5. Roast for 40-60 minutes, stirring every 15-20 minutes, or until potatoes are soft.
6. Remove from oven and let cool. Store in glass airtight container.

ABOUT THIS RECIPE:

Herbs are a rich source of antioxidants and anti-inflammatory compounds. Fresh **rosemary** enhances the flavor of this recipe and can also aid in digestion and strengthening the immune system.

Gluten free, Dairy Free, Vegetarian, High Fiber, Microbiome Friendly, Anti-Inflammatory

NOTES

- *This recipe stores well for the week and is even better by the second day.*
- *Pair with eggs in the morning, leftover chicken/fish, or add cold to salads.*

Julie's Tips:

"I use my large "thanksgiving" turkey roasting pan - use extra oil if desired on bottom of pan to keep from sticking."