

# Oven Roasted Vegetables

This colorful and tasty dish is wonderful when first cooked and holds up well for a couple of days as leftovers. It can be served as a side dish, over grain or used as a salad amendment after it cools.



## Ingredients:

- 1 medium zucchini, cut into bite size pieces
- 1 medium summer squash, cut into bite size pieces
- 1 medium red bell pepper, cut into bite size pieces
- 1 medium yellow or orange bell pepper, cut into bite size pieces
- 1 pound fresh asparagus, cut into bite size pieces (discard tough ends)
- 1 medium red onion, cut into bite size pieces
- 1-2 Tablespoons of avocado oil
- ½ teaspoon sea salt
- ½ teaspoon fresh ground pepper

## Instructions:

1. Heat oven to 450 degrees
2. Place veggies in large roasting pan and toss with oil, salt and pepper to coat.
3. Spread evenly in pan.
4. Roast for 20 minutes, stirring occasionally, until veggies are lightly browned and tender.

## Options:

- You can alter the seasoning on this dish by adding some fresh or dried herbs like rosemary, Italian seasoning, Herb de Provence, etc.