

## Roasted Winter Vegetables

*An easy and delicious way to enjoy vegetables in the winter. Roasting brings out the natural sweetness of vegetables and makes them shine. Feel free to use any combination of seasonal vegetables; toss with pasta or rice or as a side dish to roasted meats.*

Serves: 8

### Ingredients:

- 1 pound carrots, peeled and sliced in 1 inch rounds
- 1 pound broccoli, cut into small florets
- 1 pound cauliflower, cut into small florets
- 1 large sweet potato, peeled and cut into 1 inch chunks
- 1 large red onion, sliced thin
- ½ cup olive oil
- 1 teaspoon salt
- ½ teaspoon pepper

### Directions:

1. Preheat oven to 400 degrees.
2. Divide chopped vegetables into 2 large bowls. Drizzle with olive oil, salt and pepper and mix well.
3. Place vegetables in a single layer onto 2 sheet pans.
4. Roast vegetables, uncovered, mixing halfway through, until vegetables are soft and browned in spots.

Recipe notes- Experiment with dried herbs like oregano, thyme, garlic powder or Italian seasoning for a different flavor. Add 1 teaspoon of dried herbs to each pan before roasting.