

Oven Roasted Vegetables



- 1 red or yellow beet, scrubbed
- 1 rutabaga, turnip or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli, broken into florets
- 12 Brussels sprouts, trimmed and quartered
- 1 tsp sea salt
- 2 Tbsp coconut or olive oil

1. Preheat your oven to 375-400 degrees.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking. One exception is cutting the beet into 1/2" cubes.
3. Place veggies into a plastic produce bag, drizzle with olive oil, close and toss to coat.
4. Spread evenly on a cookie sheet with a rim, then sprinkle with salt and desired seasonings.
5. Roast veggies for 30-45 minutes. You will know they are done when they are fork-tender, meaning you can easily pierce the pieces with a fork. Be sure to stir the veggies at least once during roasting.
6. Store the vegetables in a glass container with a tight-fitting lid for 5-6 days in the refrigerator.

Note: If you don't like any of the ingredients listed above, you can mix and match and substitute. Other good options are cauliflower and mushrooms.