

# ROASTED VEGETABLES

*An easy and tasty way to add more veg to your plate. Stir in some canned beans or leftover meat - serve with pasta or rice for a full meal.*



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## INGREDIENTS

- 1 large onion (or 2 smaller ones)
- 1 large sweet Bell pepper (green, yellow, red or orange)
- 2 medium zucchini\*
- 2 garlic cloves, peeled and sliced
- 50 mL (1/4 cup) olive oil
- 5 mL (1 tsp) dried/crushed rosemary\*\*
- Sprinkle of salt (if desired)

\*you could also use other firm vegetables like potatoes, sweet potatoes/yams, celery, carrots, mushrooms, cauliflower, etc.

\*\*instead of rosemary; try basil, oregano, lemon-pepper or other spice/herb combinations for endless variety!

## INSTRUCTIONS

01

Wash, peel and trim all vegetables and cut into 2.5 cm (1") chunks.

02

Place everything in a bowl and toss with the garlic, olive oil, rosemary, and salt.

03

Preheat the oven to 220C (425 F).

04

Spread the vegetables out in a large baking pan so that they are in a single layer.

05

Roast in the oven for about 40 -45 minutes, tossing around occasionally, until all the vegetables are tender and well-browned.

## FUN FACT

- Roasted veggies taste much sweeter. Dry-heat cooking, either by roasting or frying, helps release the natural sugars in vegetables, a non-enzymatic browning process called "caramelization"...*sweet!*