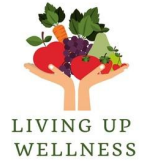


Roasted Mixed Vegetables



Course: Side Dish
Categories: Vegetable
Source: www.livingupwell.com

Serving size: 2 servings of 2 cups
Preparation time: 15 mins
Cooking time: 20 mins

Ingredients

4 cups chopped veggies of your choice:

Asparagus

Beets

Broccoli

Cauliflower

Brussel sprouts

Carrots

Celery

Zucchini

Sweet Potato

Butternut Squash

Parsnips (peeled)

1 tablespoon avocado oil

2 tablespoons fresh rosemary

1 tablespoon Braggs Aminos

Optional: 1 tablespoon honey

Directions

Prep:

1. Chop 4 cups of vegetables of your choice. Place in container and refrigerate.
2. Finely chop rosemary, place in container and refrigerate.

Prepare:

Preheat oven to 425 F

1. On 1-2 cookie sheets with parchment paper, add vegetables, 1 tbsp. avocado oil, 2 tbsp. rosemary, salt and black pepper. Toss to combine, then spread out in 1 even layer (the vegetables will brown better if not overcrowded).
2. Roast for 10-20 minutes. The cooking time will depend on the choice of vegetables and the desired texture. Keep an eye on them to determine the best cooking time. Remove from oven,
3. Whisk together 1 tbsp. Braggs Aminos with 1 tbsp. honey and 1 tbsp. water. Drizzle vegetables with sauce and toss to combine.

Notes

Starchy vegetables such as sweet potatoes, butternut squash, parsnips and beets (although non-starchy) take longer to cook. You may want to put these on a separate cookie sheet and cook about 15-20 minutes. Non-starchy vegetables will cook faster, asparagus takes about 8-10 minutes, Brussel sprouts and others take about 12-14 minutes.