



Roasted Vegetables

Makes 4 cups | 4 servings | **Vegetables**

Ingredients

- 4 cups chopped vegetables, such as- acorn squash, bell peppers, broccoli, Brussels sprouts, butternut squash, carrots, cauliflower, green beans, mushrooms, onion, pearl onions, peeled beets, potatoes, sweet potatoes, or zucchini
- 4 teaspoons canola oil
- 4 garlic cloves, minced (1 teaspoon powder)
- 1-2 teaspoons dried herbs (rosemary, thyme, oregano, etc.) Salt and pepper to taste
- Nonstick spray

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 450°F.
3. Spray a baking sheet (any size) with nonstick spray.
4. Wash vegetables and cut into 1-inch chunks.
5. Place vegetables in a bowl and toss with oil, garlic, herbs, salt, and pepper.
6. Spread vegetables on a baking sheet.
7. Bake at 450°F for 30-45 minutes, stirring once or twice during cooking.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>
1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu