

From Lisa's Kitchen: Roasted Vegetables

Roasted vegetables are my go-to food. They can include any vegetable you feel like. And they're an important part of planning and preparing for the week ahead. You can make a whole lot of them at one time and use them in multiple ways: as a side dish, in a wrap, in salads, scrambled with eggs; and so on.

Roasted Vegetables

Choose your favorite vegetables, such as:

zucchini	yellow squash
onions	eggplant
cauliflower	broccoli
leeks	tomatoes
sweet potatoes	white potatoes
bell peppers	carrots

oil oil cooking spray
salt & pepper
½ teaspoon dried thyme per cookie sheet used

Preheat oven to 400°.

Cut vegetables in bite-sized pieces. Spread out in an even layer on a cookie sheet (use more than one sheet if needed). I group quicker cooking, softer vegetables such as zucchini and summer squash together; and harder vegetables such as potatoes and carrots together.

Spray vegetables with olive oil cooking spray. Sprinkle with a little salt & pepper and dried thyme. Toss to coat evenly.

Roast vegetables until softened, stirring them with tongs every 15 minutes. Most vegetables will take about 30 - 45 minutes to cook.