

Riverview Wellness Center

Recipe

Client Name: Diana Forbes

Recipe for: Roasted Vegetables

Ingredients: 4 medium sweet potatoes, quartered
1 medium yellow squash, 2-3" slices, then cut in half
1 medium zucchini, 2-3" slices then cut in half
1 large red pepper
2 medium large shallots, cut in half
3 Tbsp olive oil
2 tsp crushed rosemary
coarse salt and coarse pepper
sprinkle of garlic powder

Preparation: Preheat oven to 450 degees. Line cookie sheet with parchment paper and spray with cooking spray. Toss all veggies in large zip loc bag, add spices. Zip & shake. Arrange vegetables on parchment paper in a single layer. If there are too many for

a

single layer then use second cookie sheet.

Roast until vegetables are tender and beginning to brown.

40 to 50 minutes.

Alternate Veggie options: butternut squash, baby carrots, Cauliflower, green pepper, mushrooms.