

ROASTED VEGETABLES

Onions

Carrots

Squash

Peppers

Potatoes

Zucchini

Asparagus

Green Beans

Sweet Potatoes

Brussel Sprouts

Extra Virgin Olive Oil

Organic Vegetable Seasoning (packets, etc.)

Organic and locally grown vegetables are sold in grocery stores and at farmer's markets. There are many all-natural vegetable seasoning mixes available to use with your choice of vegetables. Roasted vegetables make a great sandwich, side, or main dish. Follow the baking instructions on the seasoning mix.