HEALTHY COOKING W/ SEASONAL PRODUCE DEMO SERIES



Mixed Vegetable Medley

PREP:	COOK:	SERVINGS:
20 MIN	25 MIN	6

Ingredients:

- 2 medium red bell pepper *cut into 1-inch pieces*
- 2 large carrots *cut into quarter-inch coins*
- 1 small sweet potato *cut in 1-inch cubes*
- 1 small red onion *diced*
- 1 small broccoli head *cut into florets*
- Swap broccoli for cauliflower or 8 ounces trimmed brussels sprouts *optional*
- *3 Tbsp parmesan cheese grated - optional*
- 3 Tbsp olive oil
- 1 Tbsp dijon mustard
- 2 tsp italian seasoning
- ½ tsp black pepper *ground*
- 1 tsp salt
- ½ tsp garlic powder

Directions:

1. Preheat the oven to 400 degrees F. Generously coat two large, rimmed baking sheets with non-stick spray.
2. Place vegetables in a big bowl (or toss them right on the baking sheets, dividing the ingredients between each). Top with oil and mustard. Sprinkle with Italian seasoning, salt, garlic powder, and black pepper. Toss to coat. Pay special attention to the broccoli florets and make sure they get an adequate amount of oil, as they are more prone to burning.
3. Divide the vegetables evenly between the two sheets, spreading in a single layer.
4. Roast for 25 to 35 minutes. Toss the vegetables, rotate the pans 180 degrees, and switch the pans' positions on the upper and lower racks halfway through. The vegetables should be turning brown and crispy at their edges and tender inside (the cooking time may vary based on your oven). Sprinkle with the Parmesan cheese.
5. Enjoy hot or at room temperature, with additional salt and pepper to taste.

Recipe & Photo Credit: Oven Roasted Vegetables - WellPlated by Erin Clarke