

Roasted Veggies

Ingredients:

2 bell peppers
2 medium onions, quartered
3-4 medium carrots cut in 3" strips
2-3 small zucchini, quartered and cut in 3" strips
4 plum tomatoes cut in half
1 box medium size mushrooms, whole
4-5 cloves of garlic
olive oil
Kosher salt
black pepper
cayenne pepper
balsamic vinegar

Preparation:

Place cut veggies on large baking sheet and drizzle with olive oil; sprinkle with salt, black and cayenne pepper or any other spice you like. Bake veggies in a 400F oven for approximately 20-30 minutes or till soft. Place cooked veggies in large bowl and drizzle with balsamic vinegar and toss together well. You can use almost any kind of veggies you like, or as much or as little as you like.

Serves: 2-4 people

