

Roasted Festive Vegetables



Ingredients:

- 1 squash (any type)
- 2 to 3 beets, depending on size
- 1 head of broccoli or 2 to 3 cups Brussel sprouts
- 1 to 2 medium onions (optional)
- 1 Tbsp oil (canola, olive, or any liquid oil)
- salt and pepper

Directions:

1. Preheat oven to 375°F.
2. Wash and peel squash and cut into cubes.
3. Wash and peel beets and cut into cubes.
4. Wash and chop broccoli into large pieces or Brussel sprouts in half
5. If using, peel onions, wash, cut in half and then with flat side down, cut each side into 3 chunks.
6. Place all your veggies on a baking sheet, keeping the onions in chunks. Sprinkle with oil, salt and pepper.
7. Gently mix with your hands, keeping the onions in chunks so they don't burn.
8. Bake until tender and a bit caramelized, 40 to 50 minutes. Stir half way through.



Notes

Cut your vegetables a similar size so they roast evenly.

Add seasonings like thyme, rosemary, garlic powder, or a drizzle of maple syrup if desired.