



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS

## OVEN ROASTED VEGETABLE MEDLEY

By Dr. Cindy Tanzar  
(Standard/Vegan)

Makes 10-12 servings. One cup cooked covers your vegetables. Incredibly delicious!



### INGREDIENTS

10-12 cups various vegetables, either cut into florets, sliced  $\frac{1}{4}$ " thick into circles or half circles, or large diced. (Options include zucchini, red or orange Bell peppers, Brussels sprouts, eggplant, cauliflower, broccoli, green beans, red onion, etc).

(To save time, cut veggies ahead of time and store in refrigerator until ready to roast.)

**Seasonings:**

- 1/4 cup avocado oil
- 2 Tbsp Balsamic vinegar
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. Pink Himalayan salt
- 1/2 tsp. black pepper
- 1 tsp. Italian seasoning or seasoning of your preference

**INSTRUCTIONS**

Preheat oven to 425°F. Line a very large baking sheet or two smaller ones with foil or parchment (if desired).

Place vegetables into a large bowl.

In a small bowl, combine the seasonings. Pour over the vegetables and toss lightly.

Place vegetables onto the baking sheet(s) in a single layer without crowding. (The above picture is of two combined pans after roasting.)

Roast vegetables for 30 minutes or until nicely browned.