

Roasted Vegetables

- Variety of fresh vegetables, cut up. See below.
- Olive oil
- Olive oil Pam
- Black pepper

Preheat oven to 450 degrees.

Use a large roasting pan. Spray it liberally with Olive Oil Pam. Cut up a wide variety of fresh vegetables.

I always mix them up and usually put in at least 6 different kinds, maybe more. You can also just limit it to a couple if that's what you like. I have used many different kinds, i.e. Yellow squash, zucchini, Mexican squash, mushrooms, asparagus, broccoli, cauliflower, eggplant, brussel sprouts, carrots. I have even used a sweet potato in there or a blend of root type veggies in the fall. Whatever you like. I always try to use some sliced onions, and a mix of red, yellow, orange, green peppers. They add great flavor. The more different the colors of the vegetables, the better it looks, the healthier it is, and the taste is great.

Spray heavily with Pam again. Drizzle olive oil over the vegetables. If you like, use a misto. You won't need to use as much oil but you will get the taste. It is not necessary if you are watching your weight. Olive oil is a very healthy way to go as long as you don't use too much.

Roast in oven for about 40 minutes. Halfway through cooking time toss them so they can roast more evenly. We like them a little browner, but take them out when they reach the color you like. I just sprinkle with some fresh ground black pepper; we don't add salt but you can if you like. You will really enjoy these, and they taste great the next day. Make extra; it tastes even better when it is little older or can be used in an omelet.