



## ROASTED VEGETABLES

- 1 pound plum tomatoes, cut into bite-size chunks
- 1 large onion, cut into bite-size chunks
- 4 carrots, pared and thinly sliced
- 4 garlic cloves, unpeeled
- 1 medium (12 oz) zucchini, cut into bite-size chunks
- 1 red bell pepper, cut into eighths
- 1 green bell pepper, cut into eighths
- 8 oz. fresh mushrooms, quartered
- 2 TBS olive oil
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper

(This recipe works with just about any vegetable, feel free to substitute)

1. Preheat the oven to 400 F. Spray two rimmed baking sheets with non-stick spray.
2. Scatter the tomatoes, onion, carrots, and garlic on one baking sheet; spread the zucchini, red and green peppers and mushrooms on the other. Drizzle each sheet with 1 TBS of the oil and toss vegetables to coat.
3. Roast, shaking the pans occasionally and removing pieces as they complete cooking, until the vegetables are tender and browned along the edges, about 45 minutes. Squeeze the garlic pulp out of its skin. Combine and toss the vegetables in a single pan, sprinkling with the salt and pepper.