

Roasted Vegetables

SPRING RECIPE: SERVES 6

Ingredients

Olive oil spray (or 2 tsp of olive oil)

1/2 pound Brussels sprouts*, cut off stem base, peel outer leaves and cut in half lengthwise

1 pound broccoli florets*, cut into pieces

1 pound cauliflower florets*, cut into pieces

1/2 pound carrots*, cut in half

1/2 pound asparagus*, hard ends removed and cut into 2" pieces

3 cloves garlic, minced

Add 1 tsp dried (or 3 tsp of fresh) of any of the following:
thyme, rosemary, basil, oregano, and/or parsley

1/2 tsp of black pepper

Preparation

1. Preheat oven to 450 degrees.
2. Lightly spray or toss all ingredients with olive oil.
3. Pour into a large baking pan and spread evenly.
4. Bake for 30 minutes, stirring after 15 minutes.

* *Enjoy these Texas ingredients during the spring, when they are the tastiest!*

