

Easy Roasted Veggies

Ingredients:

2 potatoes (I used Yukon Gold, but any kind will work!)

2 red peppers

1 red onion

1 cup brussels sprouts

3 sprigs asparagus

1 cup squash

4 garlic cloves, minced

6 tablespoons olive oil

Salt and pepper

Instructions:

1. Cut the veggies into medium sized pieces. You want bite sized pieces of everything. Preheat oven to 400F.
2. Spray a baking sheet with nonstick spray. Arrange veggies and garlic on baking tray. Some overlap is fine, but you want the vegetables to all touch the baking sheet if possible.
3. Drizzle with olive oil and sprinkle with salt and pepper to taste. Bake for 30 minutes, then flip the veggies and bake for another 20-25 minutes.