

## BAKED VEGETABLES

Any combination of the following fresh vegetables:

Onion (red ones add color) Tomatoes (grape and cherry tomatoes work well, too)

Bell peppers (colorful ones or green ones or both)

Broccoli florets

Cauliflower

Asparagus

Carrots

Green beans

Mushrooms

Brussels sprouts\*

Zucchini

Yellow squash

Olive oil

Natural salt such as Celtic Sea Salt or Himalayan salt

1 whole lime

Shredded cheese or Parmesan cheese (optional)

Preheat oven to 400 degrees.

Oil a large baking pan with olive oil. Cut vegetables into bite-size pieces. Toss with olive oil and salt and place in baking pan.

Place in oven with a tent made of tin foil loosely covering to prevent over-browning and drying out.

## Baked Vegetables – pg 2

Bake for about 30 minutes or until vegetables are desired tenderness. Don't overcook.

Remove from oven and squeeze limejuice over vegetables. If desired, sprinkle with cheese and allow cheese to melt. Serve over steamed brown rice.

Notes:

- 1) Use a variety of colors of vegetables for the most attractive result.
- 2) Cut vegetables in round slices, half-moon slices, lengthwise, chunks, or thin strips for a variety of shapes. Some vegetables, such as baby carrots, button mushrooms and cherry or grape tomatoes may be left whole. Brussels sprouts must be cut at least in quarters for maximum sweetness.