



Real You Roasted Veggies!



Prep: 10
Cook: 15-25

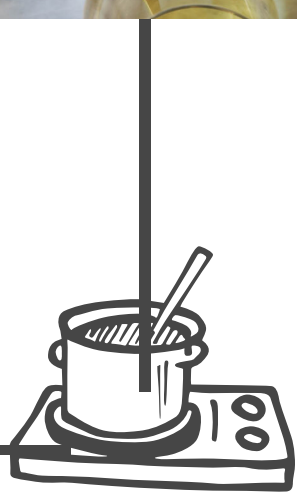


Serves: 4-6



Ingredients:

- vegetables of your choice! (broccoli, cauliflower, peppers, mushrooms, onion, etc.)
- olive oil
- salt
- pepper
- 2 – 3 tablespoons of parmesan cheese (optional)



Follow these 4 easy steps:



1

1. Preheat the oven to 425 degrees Fahrenheit.



2

2. Line a sheet pan with aluminum foil. Chop vegetables to your liking. Spread out on the sheet pan.



3

3. After laying vegetables evenly on the sheet pan. Drizzle olive oil on top. Use hands to rub olive oil into the vegetables. Add salt and pepper to your liking. Put into the oven for 15-25 minutes.



4

4. Increase time if you like crispier roasted vegetables. Remove pan from oven. .

And voila! It's done!

