



ROASTED ROOTS & VEGETABLES

by Melissa @ Living LEAN, LLC

Ingredients

- 1 Sweet Potato
- 1 Small Red Onion
- 1 Carrot
- 1 Red or Yellow Beet
- 1 cup Brussel Sprouts
- 1 cup Broccoli
- 1 cup Cauliflower
- 3 cloves of garlic minced
- 1 tablespoon Italian seasoning
- 1/4 cup extravirgin olive oil
- 1 teaspoon cumin
- Salt & pepper to taste
- 1 teaspoon chili flakes (optional)

Directions

1. preheat oven to 400 degrees and line a large baking sheet with tin foil
2. Cut all vegetables into 1" cubes and quickly mix together in a large mixing bowl
3. Add minced garlic, Italian seasoning, cumin, red pepper flakes (if you like a bit of spice), salt and pepper and Extra Virgin Oli Oil
4. Spread seasoned vegetables on evenly over the lined large baking sheet.
5. Bake for 20 minutes then stir vegetables around baking sheet and spread out flat. Continue cooking for another 15 minutes.
6. Turn oven to High Broil for the last 5 minutes keeping an eye on it so it doesn't burn too much.
7. Remove from oven and serve with choice of lean protien.

Nutritional facts on back...

Nutritional facts (Serves 6) : 2 cups

Calories 272 per serving

Protein 4 g / Carbohydrates 45 g / Fats 10 g / Sugar 7 g / Dietary Fiber 8 g

PREPARATION: 30MIN / COOKING: 40MIN / READY IN: 1 HOUR 10 MIN

Roasted vegetables are a great way to add more low-calorie, nutrient-dense, high fiber vegetables into every meal. It is also a great way to have a variety of vegetables prepared for make-ahead healthy lunch meal prep.

You can alter this simple recipe in a variety of ways:

- Add different vegetables
- Use vegetables you have in the refrigerator that are about to turn (start to go bad)
- Prepare each vegetable on the list separately instead of in a medley to enable more options for meal prepping.
- Experiment with other seasonings and spices
- Drizzle roasted vegetables with balsamic glaze for added flavor
- Sprinkle roasted vegetables with a little feta cheese crumbles

Serve roasted vegetables with lean protein for a complete meal:

- Wild-caught Salmon and other cold-water seafood for healthy Omega 3
- Scallops, shrimp, crab, or lobster
- Lean cuts of steak on occasion
- Grilled or Roasted chicken
- Grilled or Roasted Turkey legs

Adding vegetables into every meal is a crucial part of a healthy meal plan. They are high in nutrients and dietary fiber with aid in digestion and provides health-promoting vitamins, minerals, and anti-oxidants. Vegetables are also low and calories yet loaded with flavor! Experiment with this recipe and come up with your own creations. Have fun!

For more great recipes and tools for building healthy lifestyle habits, visit us at www.livingleannow.com

