

Roasted Veggies

Hearty Veggies of Choice, chopped

1 Medium Onion, sliced

1 T Olive Oil

1 Large Pepper, sliced

½ C Vine St. Vinegar your choice

Salt & Pepper to taste

Note: Some ideas for a hearty vegetable – 1 Cauliflower or 2-3 heads of broccoli, cabbage, squash, kohlrabi, carrots, potatoes.

Preheat oven to 415°

Optional; line your pan with parchment paper for easy clean-up. Place veggies in a mixing bowl. In a measuring cup or mason jar, mix oil, vinegar, salt & Pepper and pour over vegetables and mix well. Place the veggies in a baking dish along with the excess liquid. Roast for 20 – 30 min. Check every 10 min. Add water or vinegar as needed to keep the bottom of the baking dish moist. Veggies are done with you can pierce with a fork and it slides off slowly.