

# Roasted Summer Veggies

**This is an easy and very delicious way to prepare summer veggies. Feel free to mix up the veggies or add what you have at home.**

## **Ingredients:**

Green and yellow scallopini squashes- left whole, do not cut

1 bunch carrots- cut in half long ways

Small sweet and hot peppers (sweet Diablo, poblano, jalapeno, banana, etc.)- cut in half, seeds removed

Corn on the cob, cut into 3" sections

Portobello mushrooms- left whole

1 Vidalia onion- cut into ½" half moons

3 cloves of garlic, chopped

1 lb brussel sprouts, edge removed and cut in half

Salt and pepper

Balsamic vinegar

Spanish paprika

Extra virgin olive oil

Fresh chives, parsley, basil, and scallions for garnish (chopped)

## **Preparation:**

Heat oven to 375 degrees. You will need two oven dishes. In one dish place the scallopini squashes, onion, half the chopped garlic, and the corn. Season with salt and pepper, pour about ½ cup olive oil, about 2 tsp paprika and toss all together. Place in the oven and back for about 40 minutes or until the scallopinis are soft all the way through and the veggies are just starting to brown.

In the other oven dish place the rest of the garlic, the brussel sprouts, portobellos, peppers, and carrots. Season with salt and pepper, about 3 Tbs balsamic vinegar, 3 Tbs olive oil, and toss all together. Place in oven and bake about 35 minutes or until veggies are soft and slightly browning.

Remove dishes from oven and garnish with the fresh herbs. Enjoy!

Serving suggestions: Serve with some garlic/butter pasta, or seasoned quinoa, or rice with wild rice. Add a grilled meat, sausage, fish, or veggie protein like tofu, seitan or tempeh. (you can cook the vegetarian protein with the veggies so it absorbs all the flavors of the veggies). And of course a fresh salad would go perfect with this meal topped with some cherry tomatoes.