



Oven Roasted Vegetables

1 medium head cauliflower
1 medium size bunch broccoli
2-4 T. extra virgin olive oil

Fresh cracked black pepper
Cracked sea salt

Pre-heat oven to 375 degrees. Cut cauliflower and broccoli into bite sized pieces or a little bigger. Drizzle with olive oil over cauliflower and broccoli pieces, season with black pepper and sea salt and toss lightly until all pieces evenly coated. Cover a large shallow pan with parchment paper (for easy clean up). Place the vegetables on pan and roast in oven, turning once until caramelized on edges - about 20-30 minutes.

You can also use sliced carrots, potatoes, sweet potatoes, onions, peppers, squash and many other vegetables.

To add variety add 2 T. Balsamic vinegar with the olive oil. Can also add fresh herbs: 1 T. fresh chopped thyme and 2 T. chopped fresh rosemary – delish!