

Roasted Rainbow Vegetables

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Rainbow toppings for pizza, salads, wraps

Roasted vegetables are a simple delicious recipe that I write for patients almost every day. It is the gateway to a plant - forward diet. It can be made ahead of time and can easily come together for your next meal. The colorful variety will be visually appealing to kids. Use in salads, frittatas, pastas, their lunches or as a side dish.

Ingredients:

Variety of colorful seasonal vegetables cut in similar sizes (ideas below)

- 1 red onion
- 1 yellow bell pepper
- 1 red bell pepper or cherry tomatoes
- 1 orange bell pepper
- 1-2 carrots sliced
- 1 sweet potato
- 1 head of broccoli florets
- 1 head of cauliflower florets
- 1 eggplant
- Mushrooms

Extra virgin Olive Oil

Salt/Pepper to taste

Variety of spices of your choice (ginger, cinnamon, garlic powder, onion powder, cumin, smoked paprika, chaat masala are my favorite)

Directions:

Preheat the oven to 400 deg and place vegetables like broccoli, cauliflower, zucchini and peppers on a flat sheet. Use a brush to paint with olive oil and add spices/flavors of your choice. Heat for 25-35 min. Sprinkle salt on top and toss. Use leftovers throughout the week.

