

# Roasted Vegetables

SPRING RECIPE: SERVES 6

## Ingredients

Olive oil spray (or 2 tsp of olive oil)

**1/2** pound Brussels sprouts\*, cut off stem base, peel outer leaves and cut in half lengthwise

**1** pound broccoli florets\*, cut into pieces

**1** pound cauliflower florets\*, cut into pieces

**1/2** pound carrots\*, cut in half

**1/2** pound asparagus\*, hard ends removed and cut into 2" pieces

**3** cloves garlic, minced

Add 1 tsp dried (or 3 tsp of fresh) of any of the following:  
thyme, rosemary, basil, oregano, and/or parsley

**1/2** tsp of black pepper

## Preparation

1. Preheat oven to 450 degrees.
2. Lightly spray or toss all ingredients with olive oil.
3. Pour into a large baking pan and spread evenly.
4. Bake for 30 minutes, stirring after 15 minutes.

\* *Enjoy these Texas ingredients during the spring, when they are the tastiest!*

