

## **Roasted Vegetables**

Extra virgin olive oil

Frozen or fresh vegetables of choice

(Brussels sprouts, broccoli, cauliflower, asparagus, cabbage, carrots, kale, green beans, sweet potatoes)

Sea Salt

Preheat oven to 350 degrees. Layer vegetables of choice on a foil lined baking sheet. Drizzle with EVOO and toss to lightly coat. Sprinkle with sea salt. Place on middle rack of oven for 30-35 minutes until vegetables are lightly browned and soft. Serve warm.

7 a day challenge points: Every ½ cup = 1 serving