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Wellness Ideas for Everyday Living.

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Oven Roasted Veggies

Serves 4

Ingredients:

6 asparagus spears
1 large carrot
1 cup broccoli
1/2 bell pepper
5 large mushrooms
1/2 zucchini
1/4 onion
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 tablespoon dried basil
1/4 teaspoon salt and pepper

Directions:

1. Cut vegetables into 1/2 inch to 1 inch chunks.
2. Toss with olive oil, vinegar, basil, salt and pepper.
3. Roast in 400 degree F oven for 35 minutes or until tender crisp.