Roasted Vegetables *with* Herbs

**INGREDIENTS**

- 1 lb (more/less ok) of vegetables - broccoli, cauliflower, peppers, onions, brussels sprouts, carrots, sweet potatoes, etc.
- olive oil - roughly 2-3 tablespoons depending on quantity of vegetables-they should be well coated, but not ‘oily’
- salt and pepper to taste
- herbs of choice - rosemary, sage, cumin, turmeric

**DIRECTIONS**

1. preheat oven to 375 F

2. Chop vegetables in bite sized pieces

3. Place chopped vegetables in a large mixing bowl and add olive oil. Toss by hand or with a wooden spoon until olive oil is evenly distributed. Be sure to use enough oil to coat all the vegetables. The oil is important for even cooking and heat distribution as well as keeping the vegetables moist.

   *Be sure that similar vegetables are together so cooking time will work. For example: potatoes and squash will take longer to roast than peppers and broccoli, so be sure to put appropriate vegetables together in the pan. Timing is important! If you only have one pan, start with the longer cooking vegetables, then add faster veggies halfway through.*

4. Add 1/2 -1 tablespoon of spice of your choice (cumin, turmeric) or 1 tablespoon of dried or fresh herbs (rosemary, thyme etc). Add salt and pepper to taste.

5. Transfer vegetables to a baking sheet or glass baking dish (9x13) and bake for 30-40 minutes or until tender when poked with a fork.