

## INGREDIENTS

- 1 head of Broccoli
- 1 head of Cauliflower
- 1 Butternut Squash, cubed
- 3 tbsp Olive Oil
- 1 tsp Salt and Pepper
- 1 tbsp Garlic, minced
- 2 tbsp Crushed Red Pepper

## DIRECTIONS

1. Preheat oven to 375 F.
2. Wash and rinse all vegetables very well.
3. Chop all vegetables into bite size pieces and the same size.
4. Mix vegetables in a large bowl and add seasonings and oil together.
5. Spray a baking sheet with cooking spray or line with foil. Place vegetable mix on baking sheet.
6. Cook for about 20-25 minutes or until desired texture is reached, checking every 10 minutes.

### Tips:

You can add/replace any seasonings of your liking, including parsley, oregano, Italian seasonings, or lemon pepper.



## Roasted Fall Veggies

*Dairy-Free | Gluten Free | Vegetarian | Vegan*

Yield:  
4-6 Servings

Prep Time:  
15 Min

Cook Time:  
25 Min