

Roasted Vegetables

Serves 6 to 8

Ingredients

1 green pepper cut to 1 ¼” strips	2 carrots crinkle cut
1 red pepper cut to 1 ¼” strips	¼ tsp garlic powder
1 yellow squash crinkle cut to ¼” thick	½ tsp oregano
1 medium onion cut in 1” pieces	¼ tsp pepper
	2 tbsp olive oil

Directions

1. Cut vegetables to appropriate sizes
2. Coat bottom of pan with oil and preheat skillet to hottest setting
3. Place carrots in fry pan and stir fry for 5 minutes
4. Add onions, red and green peppers and brown for 5 minutes
5. Add squash and spices into mixture and fry for 5 minutes
6. Remove immediately from skillet and serve