

Roasted Roots are EZ

Chunk all veggies into bite size pieces. You can use whatever you have...

Carrots

Potatoes

Squash

Onions

Beets

Peppers

Mix all chopped veggies together, coating them all with **olive oil**,

Spread out on a cookie sheet that has also been oiled.

Sprinkle with fresh herbs and seasonings. Everything Bagel is a good one.

Roast in a preheated oven 425-450 Oven must be hot!

Toss veggies about 15 minutes in and then continue roasting until all veggies are easy to poke with a fork.

Here's a five-star recipe. Use your fresh green or red cabbage and carrots. Napa cabbage can be substituted as well. You can also add your sweet pepper or apples.