ROASTED VEGETABLES

Servings: 2
Preparation Time: 25 minutes

INGREDIENTS
- 2 cups vegetables such as winter squash, potatoes, sweet potatoes, carrots, beets, brussel sprouts
- 1 tablespoon oil
- 1 clove garlic, minced
- A pinch of salt

INSTRUCTIONS
1. Preheat the toaster or oven to 450 degrees Fahrenheit.
2. Mix the garlic and the oil in a large bowl or clean plastic bag.
3. Wash the vegetables, chop them into bite-sized pieces.
4. Add the vegetables to the bowl or bag with the oil and garlic mixture, and toss them to coat them with oil.
5. Spread the vegetables in a single layer on a toaster tray. Put the tray in the lowest position in the toaster or oven. Cook the vegetables for about 10 minutes.
6. Take the tray out of the toaster or oven, and sprinkle the vegetables lightly with salt or other spices. Then cook in the toaster for 5 more minutes, or until the vegetables are tender.

Adapted from The Tenderloin Cooking School Cookbook via EatFresh.org