VEGETABLE BLAST

SERVES 4-6

This is not your usual vegetable dish. Vegetables caramelize as they roast, and the garlic gets nice and toasty, too.

INGREDIENTS

1 ¼ pounds vegetables cut into 1 inch pieces (about 8 cups)
3 ½ tablespoon olive oil, divided
2 garlic cloves, minced
Large pinch of dried crushed red pepper

DIRECTIONS

1. Preheat oven to 450° F.
2. Toss vegetables with 3 tbsp. olive oil in large bowl to coat. Sprinkle with salt and pepper.
3. Transfer to rimmed baking sheet. Roast 15 minutes.
4. Stir remaining 1/2 tbsp. oil, garlic, and red pepper in small bowl. Drizzle garlic mixture over vegetables. Stir well to coat.
5. Roast until beginning to brown, about 8 minutes longer. Season to taste and serve immediately.

NUTRITIONAL INFO:

Visit the website for more recipes: www.extension.umn.edu/nutrition

TRY NEW FLAVORS!

BASIL: Use in Italian dishes, tomato and egg dishes, soups, salads, sauces
CHILI POWDER: Use in chili, stews, Mexican dishes
CINNAMON: Use with fruits, sweet potatoes, and squash
CUMIN: Use in chili, stews, Mexican, Middle Eastern and Asian dishes
MINT: Use with Middle Eastern dishes, fruit, chocolate
NUTMEG: Use with fruits, desserts, spinach
OREGANO: Use with Italian dishes, omelets, meat loaf, vegetables
PARSLEY: Use in meat, soups, vegetable dishes.