

HEALTHY FOOD

Roasted Vegetables



Ingredients:

- Assorted vegetables (e.g., bell peppers, cherry tomatoes, zucchini, and carrots), chopped
- 1 tablespoon olive oil
- Salt and black pepper to taste

Instructions:

Roast Vegetables:

- Toss the chopped vegetables with olive oil, salt, and black pepper.
- Spread them on a baking sheet and roast in the oven for about 15-20 minutes or until they are tender and slightly browned.