

Easy Vegetable Prep Bake



Ingredients:

- 2 small crowns of broccoli (or one large)
- 1 cauliflower head
- 2 onions
- 6-10 asparagus spears
- 3 small bell peppers (or two big ones)
- 4 cloves chopped garlic
- 4 sliced carrots (not shown in picture)
- 1 butternut squash (also not shown in picture)
- Salt and pepper to taste
- Olive oil

Directions:

1. Preheat oven to 375F
2. Cut up all your vegetables into bit size pieces.
3. Place in a cooking dish and drizzle with olive oil until the veggies are just covered. We don't want them soaking!
4. Sprinkle salt and pepper.
5. Bake for 15-20 min, stirring half way through
6. Let veggies cool, then separate into Tupperware containers (or plastic baggies) for the week!
7. Enjoy! 😊